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# Cooking

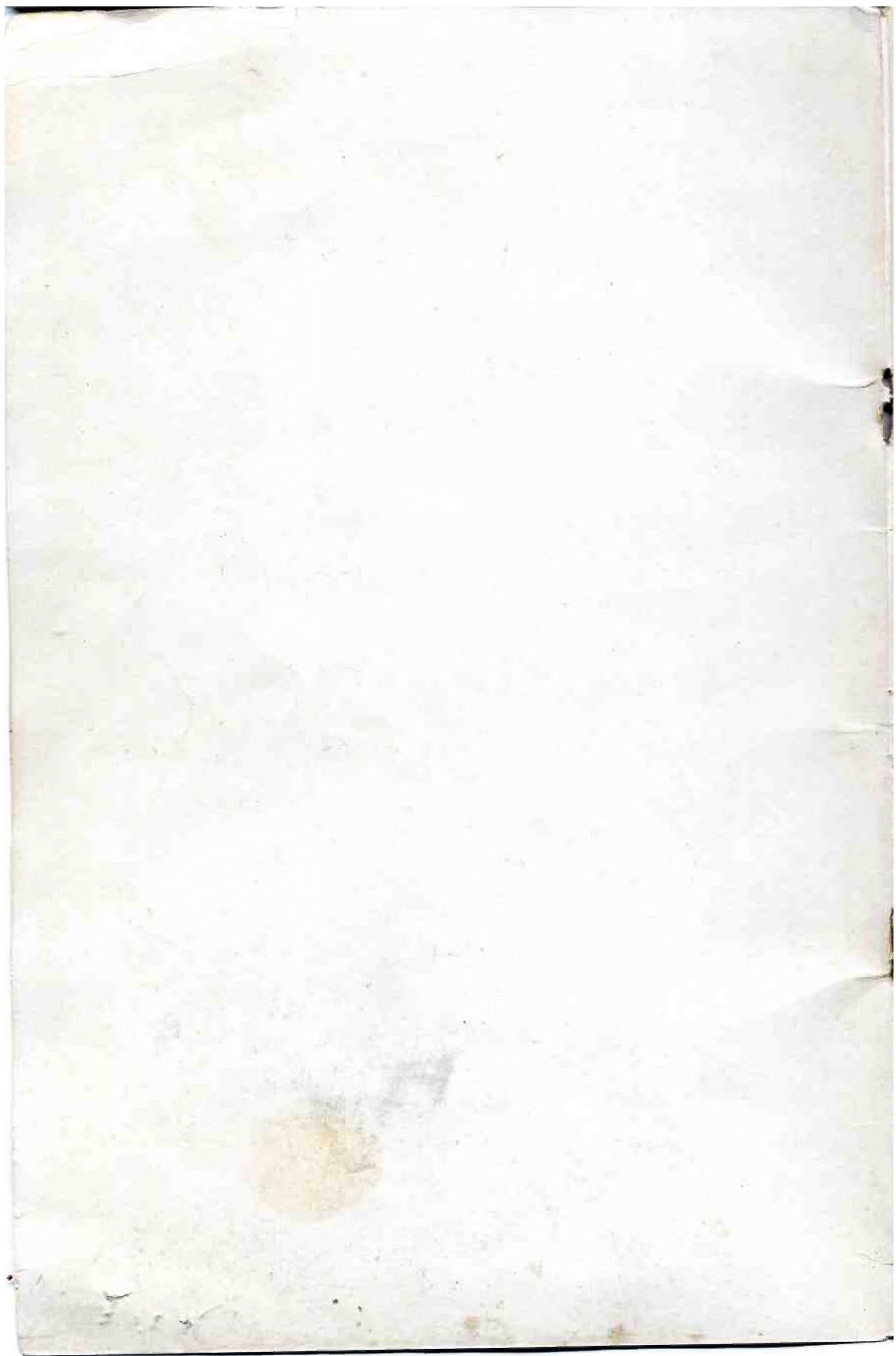
in the  
**MODERN MANNER**



*New Kitchen Freedom with Your Anderson*

**Cooking with the GAS turned OFF**





# COOKING

IN THE MODERN MANNER

*New Kitchen Freedom with your*



SEALED HEAT COOKING — WITH THE GAS TURNED OFF  
SIZZLING PLATTERS • TASTY BARBECUES  
FLAVOR-RICH VEGETABLES  
COOL-KITCHEN CANNING • GRIDDLE SPECIALTIES  
AND OTHER RECIPES



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Dinner is In—While the Cook is Out!



The Anderson Range is approved by American Gas Association Testing Laboratories for use with natural, manufactured, or bottled gas.



**Your**



**... KEY TO A**

*Carefree Kitchen*

**W**ITH an Anderson Range in your kitchen, you own the world's finest cooking machine. The coal stove once replaced crane and kettle over an open fire. The convenience of gas in turn replaced coal. And now the modern Anderson makes conventional ranges obsolete. For the Anderson, in addition to giving you *all* the features of the finest conventional range, will cook on

**SEALED HEAT**

**with the gas turned OFF**

You will find that this feature saves you hours a day in the kitchen. Sealed Heat cooking requires no watching. Food tastes better, too, for juices and flavor can't escape. Your kitchen will be many degrees cooler in summer with the heat shut *in* your range instead of vented into the room. And Sealed Heat cooking provides you with seven important savings that add up to new kitchen economy.

Your Anderson is designed to meet your every need — you are no longer forced into "makeshift" cooking. There is a place on or in the range to cook *each* type of food *exactly* the way it should be cooked. You can take pride in the superlative combination of design and workmanship which assure that your Anderson will serve you faithfully through many pleasant years.



## THE SECRET OF

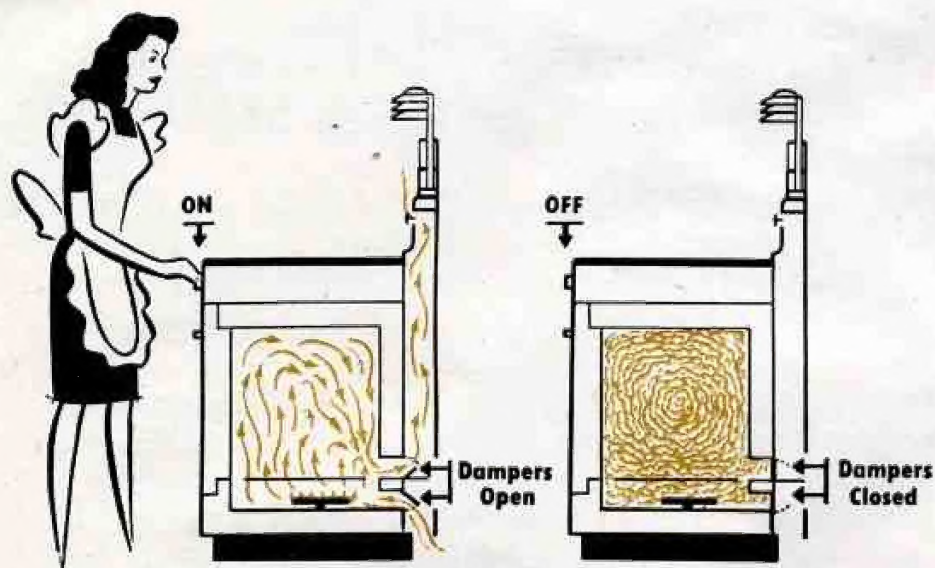
# Sealed Heat

## COOKING

**"SEALED HEAT"** is not just another catch phrase. It describes a modern, scientific cooking method made possible by your Anderson.

The ordinary range stops cooking within a few minutes after the gas is off. This is not from lack of insulation. Nearly every modern range is insulated to keep the outside cool while the inside is working. But all gas ranges have vents—one to let in fresh air so that the gas will burn, and the other to let out burned gases. *In the ordinary range, these vents are never closed.* When you turn off the gas, the heat flows right on out.

Your Anderson is vented, too, for gas-on cooking. *But there is this important difference.* In each of these openings is a snug-fitting door that is opened and closed by the gas-control handle. As you turn off



Heat circulates through Oven and out of vent when gas is burning.

When gas is turned off, two dampers close, sealing air out, heat in.



the gas, you'll hear those doors drop firmly shut. The heat is locked inside your range — to use for hours of cooking *with the gas turned off*.

And because the Anderson is designed to cook on Sealed Heat, it is more completely insulated than the conventional range. Top, bottom, front, back, and sides of Cooking Well and Oven have a lifetime lining of thick padded insulation which will not pack or deteriorate.

Your Anderson, for every ten minutes with the gas on, will cook for an hour or more on Sealed Heat. This means that well over 80% of your cooking is done *with the gas turned off* . . . and equally important, it means that for over 80% of your cooking time, you are free to do what you please.

## 7 Savings

Here are the seven important ways in which Anderson Sealed Heat Cooking saves for YOU!

- 1 SAVES TIME** — YOUR time . . . you can cook an entire meal on Sealed Heat while you're away, *with the gas turned OFF*. You can go places, do things, get out of the kitchen!
- 2 SAVES LABOR** — Sealed Heat cooking gives you leisure and energy for other things . . . cuts stove-watching time 80% or more. The Anderson does the cooking, not YOU!
- 3 SAVES FOOD** — Sealed Heat reduces food shrinkage. You save a pound or more per average roast. No loss of nutritious juices — food goes further.
- 4 SAVES FLAVOR** — Sealed Heat cooking seals in the flavor, too. Delicious juices never boil away. Food goodness *stays in the food*, where you want it.
- 5 SAVES FOOD VALUE** — Sealed Heat retains essential vitamins and natural mineral salts. Vegetables cook in minimum of water . . . no draining off the health-giving part of your food.
- 6 SAVES GAS** — Of course you'll cut your fuel bill with Sealed Heat. Only 10 minutes of gas-on cooking in the Anderson provides for one hour of additional cooking *with the gas turned OFF!*
- 7 SAVES MONEY** — YOUR money . . . Tests prove that Andersons actually pay for themselves with savings in food and fuel. Add your savings in time, and you'll appreciate the true economy of the Anderson Range.



## YOUR FAVORITE RECIPES

# Cook Better

## WITH THE



**Y**OU don't have to change your cooking habits to use Sealed Heat. Compare this book with any other book of your favorite recipes. You'll find that Sealed Heat cooking differs very little from conventional cooking *except that for meats you usually start with the heat a little higher*. With Sealed Heat there is no danger of burning or drying out your food. And with the Anderson you'll find that there is no reason whatever to use the slow, "low-temperature" methods now recommended by many cook books to reduce shrinkage in conventional ranges.

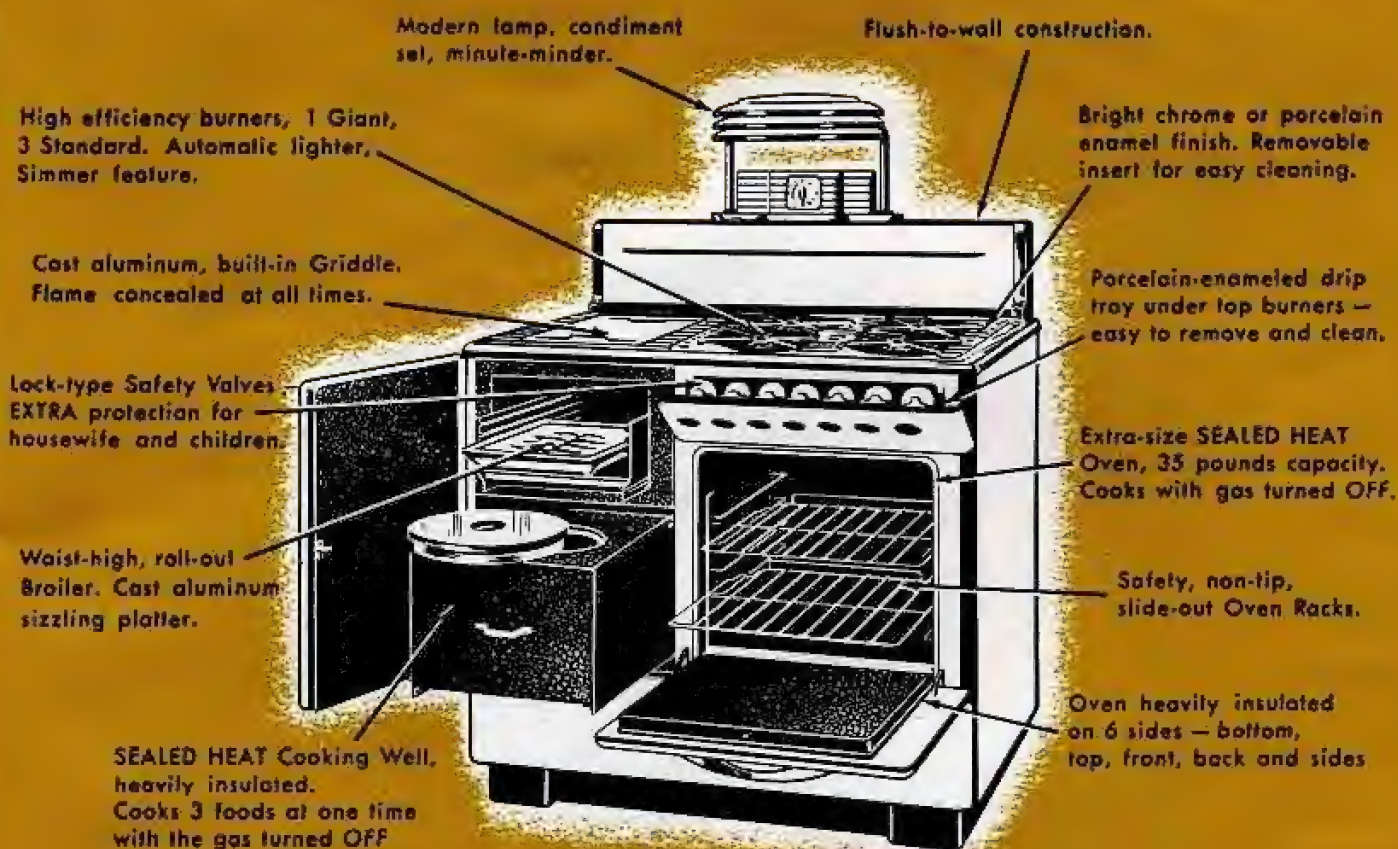
For example, it has long been recognized that the tastiest way to cook meat is the old-fashioned method of searing first to seal in juices, then finishing at lower temperature. But if you do this in a conventional gas range, the meat dries out. "Low-temperature" cooking was developed to tenderize meat thoroughly, yet prevent this drying out. It is a long, slow process, requiring double or triple the gas burning time of previous methods.

In your Anderson, you combine the old-fashioned, flavorful method with the new, scientific use of Sealed Heat. You sear first, then shut off the gas and cook for the normal time. Sealed Heat cooking tenderizes the meat, preserves natural juices and goodness, practically eliminates shrinkage, and uses only a fraction of the gas. Your food comes out far more tender, more appetizing than ever before.

In addition to this, your Anderson will do conventional, gas-on cooking too, when there is reason to use it. Sealed Heat is gradually receding heat — ideal, you will find, for roasting, for casserole dishes, and for many other types of cooking. But for most bread, cake, and pastry baking you will want an even, unvarying heat over most of the cooking period. Here again your Anderson excels, because the superior insulation assures better heat distribution and eliminates "cold spots" in your oven — giving you full advantage of the accurate, thermostatic control. Then too, when your pastries have begun to brown around the edges, you can turn off the gas and finish on Sealed Heat. You'll save fuel, save juices, moisture,







and flavor in pies or cakes, and you can forget any fears of burning things up at the last minute.

In this book we give you only typical recipes — to show you how to take best advantage of your Anderson for each type of food you want to cook. Once you get to know what this remarkable cooking machine will do, you will want to try your own ideas. Like thousands of modern housewives, you'll find that your favorite recipes cook better with the Anderson.

## How to Clean and Care for Your *Anderson*

Your Anderson is the product of years of experience and research in range design. You should be thoroughly familiar with it. Make sure you get full value from the many labor-saving features.

The Anderson consists of *four* basic cooking units: (1) the Oven, and (2) the Cooking Well, both of which cook on Sealed Heat; (3) the combination Broiler and top-surface Griddle, and (4) the Top Burners. In other words, it is 100% gas range, not a costly cabinet for pots and pans.

The Anderson is one of the easiest stoves in the world to clean. The parts that are apt to get soiled are removable — you can wash them with your dishes. Follow these few simple instructions for the care of your stove, and it will always be a source of pride to you and the envy of your friends.





## The Extra-Size Oven

Your Oven has ample capacity for your largest roasts. It has two adjustable oven racks which are easily removed. Pull racks forward to safety stop, then lift slightly. They will come right out. When replacing, be sure the guard-rail is toward the rear. This rail prevents pans from accidentally sliding off when the rack is pulled forward.

When oven racks are removed, the side rack-supports will also lift right out for easy cleaning.

The baffle plate over the burner is also easily removable. Grasp it by each side and lift out. It is not necessary to remove the oven burner. The oven bottom and sides are easily accessible for wiping and the bottom is well protected by the baffle plate in case of spills. When replacing the oven baffle plate, make sure that the narrowest part is toward the front.



## The Cooking Top

Your Anderson is designed to reduce stove-cleaning time to a minimum. Normal spills on the Cooking Top will be caught by the drip rings around each burner, which are easily removed for cleaning. There's another big drip pan under the burners, however. Merely pull open the instrument door panel around the burner valves (it's hinged along the bottom) and slide the drip pan out.

The top of the stove around the burners is a removable insert which lifts out. The burners themselves may then be removed as follows:

Four pilot tubes lead to the burners from a ring around the pilot light. Lift the burner-ends of these tubes up and away from the burners (you will see that a small projection at the end of each tube fits into a socket in the burner pipe). With the pilot tubes disconnected, lift each pair of burners slightly and move toward the back of stove. The pipes will slide easily off the fittings at the valves. Do not attempt to disassemble the aluminum burner heads. If they become clogged, open up the holes with a small wire or hairpin.

If your range has a chrome top, or a chrome insert around the burners, wipe this brightwork with a wet paper towel rather than a rag, and you'll find that it dries without streaking. Never use steel wool on the chrome — a good cleansing powder, slightly moistened, will take



off bad spots. But the beauty of chrome is that you see spots easily, take them off with a quick wipe before they harden, and always have a gleaming, handsome range.

Never wash the porcelain parts of your range while hot. When cool, scour with any good, non-abrasive cleansing powder. Wash and clean the linings of Broiler, Cooking Well, and Oven frequently to preserve the new appearance.



### The Cooking Well

The Anderson Well rolls out on ball bearings. Safety stops prevent it from coming too far. Lift it slightly, however, and it may be completely removed from the range. It is not necessary to remove the burner; there is ample room to wipe out the compartment, although you will rarely find this necessary. If you follow the Cooking Well instructions, foods won't boil over to clog or soil your burner.

The chrome plated top of the Cooking Well may be cleaned with any non-abrasive cleaner, but should *not* be scoured with steel wool or other hard material that will scratch. The well kettles are aluminum; clean them as you would any aluminum ware. You will find the pot-lifter very useful with these kettles when they are hot. It hooks under the lid handle, and is designed not to slip.



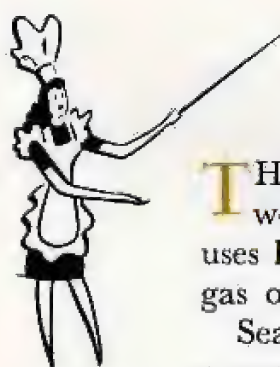
### Broiler and Griddle

The convenient, waist-high broiler rolls out of the range on ball bearings, with safety stops to prevent it from coming too far. Lift the broiler unit slightly, and it is easily removed. The broiler platter is heavy cast aluminum. It's a true "sizzling" platter, styled to make a handsome addition to your table service. Clean it as you would any other aluminum utensil. It is a good idea to remove the platter when you are using only the top griddle to prevent discoloring or soiling it unnecessarily.

The top-of-stove griddle is also cast aluminum. It is buffed to a high polish when you get it. After a few cleanings this polish softens to an attractive satin finish. Under the griddle, resting directly over the burner, is a steel baffle plate which distributes the heat evenly and prevents hot spots on your griddle. It lifts right off, but be sure it is in place before lighting the flame to use either broiler or griddle.



## HOW TO USE THE



**T**HE OVEN is completely insulated — on the bottom as well as on the top, sides, back, and front. It heats quickly, uses little gas, and bakes evenly whether you cook with the gas on or use Sealed Heat.

Sealed Heat cooking is neither faster nor slower than conventional cooking, but as the charts in this book show, many foods can be left in the Anderson Oven much longer than the normal time without loss of juices or flavor. Since your Oven is tightly sealed, there is no need for basting, turning, or watching. And because the gas is entirely shut off during the Sealed Heat period, you need have no worry about leaving the house. This is the one method of cooking in which there is no possible danger of fire.

**Preheating** — For cooking roasts, fowl, fish, and vegetables, we suggest preheating your Oven for 10 minutes with the heat control set at 500°. For roasts over ten pounds, you can start with a cold Oven if you like, but remember to add 10 minutes to the prescribed gas-on cooking time.



If your range has not been checked by the installing dealer, you can check it yourself with an accurate oven thermometer. Also, if there is a possibility of low gas pressure in your locality, we suggest preheating for 15 minutes to be absolutely sure that your Oven is at proper temperature.

When you preheat the Oven, leave the door wide open for the first minute or two. This isn't a "must" — but it's an excellent tip with any gas range. When gas burns it produces water vapor. Until an oven starts to warm, this vapor condenses on the walls and runs to the bottom, where it is apt to cause corrosion. The open door lets it escape freely until oven walls warm up. The vapor will then pass harmlessly out of the normal vents.



**Cooking Meats** — It's not our purpose to change your regular methods of roasting. Some like to use covered pans, some like uncovered pans, and again some start with covered and finish uncovered or semi-covered. Any of these methods can be used in the Anderson Oven. The methods given in this book, however, are those which we believe will give you the best results.

In general, the less expensive, or coarser cuts of meat should always be covered, while tender cuts can be cooked without the lid. Cooking with the lid off gives you a crusty roast. With the lid on, you tenderize the meat more thoroughly.

When roasting extremely large cuts, we suggest relighting the gas for fifteen minutes after the first three hours of sealed heat cooking. Then finish with the gas off, according to the time indicated on the cooking chart.

Your meat will brown well with the lid either on or off. If at any time you find that the recommended gas-on period does not brown the roast to your own liking, just burn the gas a few minutes longer. Or, when you are ready to serve, if you want it browned a little more you can place it under the broiler flame, or put it back in the oven with the gas turned high. A little sugar sprinkled on top will make it brown much more quickly.

A porcelain roaster will brown meat much more quickly and heavily than sheet aluminum. Cast aluminum or cast iron roasters should never be used in the Anderson Oven, due to the thickness of the roaster and the short gas-on period.

Don't turn or baste or bother with your roast; just follow the easy directions and you will get correct results. A simple rule to remember is to burn the gas 5 to 7 minutes per pound, or until the greases begin to fry out, then turn off the gas and cook on Sealed Heat for 30 minutes per pound — or longer if you wish.

Solid meat requires more cooking than meat cut in pieces. If you cook two pieces together, follow timing for the *larger* piece.

Frozen meats should be thawed before cooking. If not, be sure to burn the gas from 5 to 10 minutes longer, depending on the size of the meat.

Rolled roasts, which are boned and tied tightly, take longer to cook than meat with bones, because bones conduct heat through the meat.

The cooking chart gives you a ready reference for the best gas-on and Sealed Heat period for cooking meat according to weight. In general, for every *10 minutes* of gas-on time you can roast for *one hour* on Sealed Heat. For every *20 minutes* of gas, you roast for *two hours*, and so on.





Where the statement "or longer" appears on the cooking chart, it means that the foods can be left in the Oven after they're done without over-cooking or loss of juices and flavor. For example, an average roast, given a total of 30 minutes of gas, will continue to cook for 3 hours on Sealed Heat—after which the temperature is down below the cooking point. It will, however, stay hot enough to serve for some hours more.

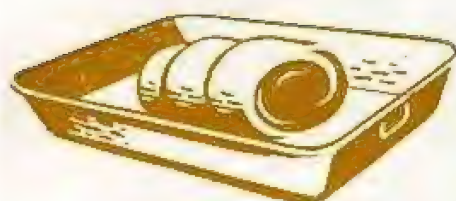
The length of time food will stay hot on Sealed Heat is determined by the amount of food. Large solid roasts will stay hot much longer than smaller ones. The Oven will stay hot much longer when it is filled with food.

For this reason, it's an excellent idea to cook as much of your meal as possible in the Oven while you're roasting. The Oven is large enough to hold the average roast and all your vegetable utensils. You save fuel, have a cooler kitchen, and your food stays hot for hours after it's done. You can start dinner early and have the rest of the day to yourself.

You can open the Oven door and set in other utensils at any time during the gas-on period, providing you give them the proper amount of gas-on timing indicated on the chart. If you keep the door open very long, however, burn the gas a few extra minutes to build up the heat you lost. If you open the door even for a moment during the Sealed Heat period, light the gas again for three to five minutes to make up for the loss of heat.

Special instructions for cooking roast beef are shown on the cooking chart. For rare and medium roasts, follow the chart and remove the roast from the Oven when cooking time is completed. Well done roasts may be left in the Oven longer if you wish.

If you are using conventional heat control instead of Sealed Heat, roasts as well as all other foods must be removed from the Oven as soon as they are done.



### **How to Cook a Typical Small Roast**

Place a 3 to 4 pound roast in a porcelain roaster without the top. Put it in the Oven which has been preheated for 10 minutes at 500°. Leave it uncovered for 20 minutes, or until it begins to brown. Then add salt and pepper and such other seasonings as you may want, such as onions or garlic. Add  $\frac{1}{4}$  cup of water if you want lots of gravy or if the meat is dry. It is not always necessary. Cover the pan, and continue gas-on cooking for 5 minutes to build up the heat you lose in opening the Oven door. Then turn off the gas and cook on Sealed Heat according to the chart.



**ADD VEGETABLES** — Carrots, potatoes, onions, and other vegetables can be added around the roast at the same time the lid is put on. Season well with salt and pepper. Allow at least 10 to 15 minutes of gas-on time (depending on the amount of vegetables) to heat them thoroughly before turning off the gas. They will require the same amount of gas-on time as when cooked in the Sealed Heat Cooking Well. You can use the Cooking Well chart for correct timing.

**Searing on a Top Burner** — When you have a small, flat-surfaced roast — 2 pounds or less — or if the meat is cut up into pieces, you can brown it in the roaster on a top burner while your oven preheats. Brown in drippings, if the meat has been floured, then add  $\frac{1}{2}$  to 1 cup of water. Put on lid of roaster and place in Oven. Cook according to the chart.



### **How to Cook Poultry — Chicken - Turkey - Duck**

Prepare and stuff fowl, rub with flour and seasonings. Put in bottom of roasting pan and place in Oven which has been preheated 10 to 15 minutes at 500°. Leave the lid off of roaster until fowl begins to brown. Add  $\frac{1}{2}$  cup water for gravy, place on lid of roaster, and continue to burn gas according to the time specified on the Meat and Poultry Chart for the weight of your bird. Turn off gas and cook on Sealed Heat according to the Chart.

#### **How to Cook Goose**

Prepare and stuff goose, rub with flour and seasoning. Place in bottom of roasting pan and put in Oven which has been preheated 10 to 15 minutes at 500°. Leave the lid off of roaster until fowl begins to brown. During the browning period, or gas-on timing, be sure to pour the grease off two or three times or the goose and gravy will be too greasy. When browned to suit you, add  $\frac{1}{2}$  cup water for gravy. Put on the lid of the roaster and continue to burn the gas according to the time specified on the Meat and Poultry Chart for the weight of your bird. Turn off the gas and cook on Sealed Heat as shown on the Chart.







# ANDERSON SEALED HEAT OVEN

## TIME and TEMPERATURE CHART for Roasts—Baked Potatoes—Casserole Dishes

**PREPARING THE FOODS:** Merely follow your favorite recipe. If the food you are preparing is not listed in this chart, find a similar food in the chart and follow the time and temperature given for it.

**NOTE:** Where the words "or longer" appear under column "Sealed Heat," the food may be safely left in the Oven (with the gas turned off) for longer periods than required to complete the cooking.

FOOD	Set Temperature Control to		GAS ON TIME (After Preheating)	SEALED HEAT TIME (Gas Turned Off Completely)	
<b>ROASTS including Poultry</b>					
1-2 lbs. (any below)	500°	<b>NOTE</b>  <b>PREHEAT</b>  <b>OVEN</b>  <b>10</b>  <b>MINUTES</b>  <b>FOR</b>  <b>EVERY</b>  <b>ITEM</b>  <b>IN</b>  <b>THIS</b>  <b>CHART</b>	15 min.	1 to 1½ hrs. or longer	
3-4 lbs.	Loin of Pork		500°	20 min.	30 min. per lb. or longer
	Fresh Ham		500°	20 min.	30 min. per lb. or longer
	Loin of Veal		500°	20 min.	30 min. per lb. or longer
	Lamb (Young)		500°	20 min.	30 min. per lb. or longer
	Spring Lamb (rare)		500°	20 min.	15 min. per lb.
	Yearling Lamb		500°	20 min.	20 min. per lb. or longer
	Poultry		500°	20 min.	20 min. per lb. or longer
5-7 lbs. (any above)	500°		25 to 30 min.	18 min. per lb. or longer	
8-11 lbs. (any above)	500°		30 to 40 min.	18 min. per lb. or longer	
12-15 lbs. (any above)	500°		40 to 50 min.	15 min. per lb. or longer	
Over 15 lbs. (any above)	500°		50 to 60 min.	15 min. per lb. or longer*	
<b>ROAST BEEF</b> (Do not add water) (Cover not necessary)					
3-4 lbs.	Rare	500°	20 min.	45 min.	
	Medium	500°	20 min.	1¼ hrs.	
	Well Done	500°	20 min.	2 hrs. or longer	
5-7 lbs.	Rare	500°	25 to 30 min.	12 min. per lb. } Remove & Serve	
	Medium	500°	25 to 30 min.	15 min. per lb. } Remove & Serve	
	Well Done	500°	25 to 30 min.	18 min. per lb. or longer	
8-11 lbs.	Rare	500°	30 to 40 min.	12 min. per lb. } Remove & Serve	
	Medium	500°	30 to 40 min.	15 min. per lb. } Remove & Serve	
	Well Done	500°	30 to 40 min.	18 min. per lb. or longer	
12-15 lbs.	Rare	500°	40 to 50 min.	12 min. per lb. } Remove & Serve	
	Medium	500°	40 to 50 min.	15 min. per lb. } Remove & Serve	
	Well Done	500°	40 to 50 min.	18 min. per lb. or longer	
Over 15 lbs.	Rare	500°	50 to 60 min.	12 min. per lb. } Remove & Serve	
	Medium	500°	50 to 60 min.	15 min. per lb. } Remove & Serve	
	Well Done	500°	50 to 60 min.	18 min. per lb. or longer*	
<b>BAKED POTATOES</b>					
Small Potatoes	500°F.		15 min.	20 min. or longer	
Medium Potatoes	500°F.		20 min.	20 min. or longer	
Large Potatoes	500°F.		20 min.	40 min. or longer	
<b>CASSEROLE DISHES</b>					
Casserole Uncooked Food	500°F.		20 min.	2 to 2½ hrs. or longer	
Scalloped Dishes	450°F.		15 min.	1 hr. or longer	
Potatoes Au Gratin	500°F.		12 min.	1 hr. or longer	

**BAKED BEANS** — Boil dried beans in Cooking Well in 3 times as much water as food for 30 minutes with gas on; cook for 3 hours or longer on Sealed Heat. Put in casserole with seasoning. Bake in oven at 400° for 20 minutes; cook 1 hour or longer on Sealed Heat.

**BAKED FISH** — Baking time varies with size of fish. Set control at 450°. Cook 15 to 20 minutes, or until greases begin to fry. Cook on Sealed Heat from 20 minutes to 1 hour.



## Menu Suggestions for the Anderson Oven

This meal cooks just as fast in an Anderson Oven as by any ordinary method. Gas savings of 3 hours and time savings of 3 hours to a half day.

Fruit Cocktail (fresh or canned)

### BAKED HAM

Hot Mashed Potato Salad      Cauliflower with butter sauce

Mixed Green Salad      :-: French Dressing

Bread and Butter

Dessert

Tea or Coffee

**OVEN MEAL**

(Serves 8-10)

### **BAKED HAM** — with Cinnamon and Sugar Glaze.

Remove about three and one-half inches of hock end of a 12 to 15 lb. ham. (Save ham hock for delicious dishes to be cooked in Cooking Well, such as rice, beans, soup, etc.). If ham is strong of salt or cure, soak several hours in cold water before cooking. Place ham in roaster with 3 cups of hot water. Cover roaster and place in Oven which has been set at 500° and preheated for 10 minutes. Cook with gas on 45 minutes — turn off gas and cook on Sealed Heat for 4 hours. Remove from Oven. Pour off drippings. Peel off skin. Cut top surface with knife in squares or diamond shape — stud each section with a whole clove. Mix 2 teaspoons cinnamon with 1 cup brown sugar — sprinkle over ham. Return ham to Oven. Burn gas for 5 minutes until glaze has set.

### **HOT MASHED POTATO SALAD** — Use Cooking Well Kettle.

Place 12 to 14 medium size potatoes with skins on in cooking kettle in 1½ cups water, salted to taste. Place in Cooking Well and cook with gas on 10 minutes. Turn off gas and cook on Sealed Heat 1 hour or more. Remove — peel while hot — mash or put through a potato ricer. Blend in the following seasoning:

**3 tablespoons butter**

**4 to 5 tablespoons vinegar**

**5 tablespoons prepared mustard**

**1 tablespoon sugar**

**1 cup chopped celery**

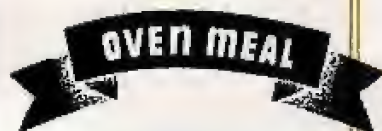
**1 teaspoon celery seed**

**½ cup sweet pickle**

**2 chopped hard boiled eggs**

Mix all ingredients well. Do not pack but place lightly in salad bowl. Grate 2 hard boiled eggs over salad for garnish.





(Serves 6)

This meal cooks with the gas off. Gas savings of 1 hour in an Anderson Oven. Time savings of 1 hour to half a day.

### SWISS STEAK

Buttered Lima Beans

Baked Potatoes

Salad

Boston Cream Pie (Recipe on Page 32)

Tea or Coffee

**SWISS STEAK** — Set heat control to 450° and preheat oven 10 minutes.

2 lbs. round steak cut 2 inches thick	½ cup water
2 tablespoons grated cheese (optional)	½ cup sour cream
	2 small onions grated
	Paprika and
	Salt and Pepper to taste

Pound as much flour as possible into meat using the edge of a saucer. Season with salt and pepper. Brown well on both sides in skillet on top burner. Mix onion, grated cheese, cream and water. Place in covered roaster. Pour seasoning over meat. Put in Oven (which has been set at 450° and preheated for 10 minutes). Burn gas for 20 minutes on meat. Turn off gas and cook on Sealed Heat for 1 hour or longer.

### BAKED POTATOES

6 to 8 potatoes — scrub well and grease lightly. Place in oven with roaster and allow same gas-on cooking time. Cook on Sealed Heat 1 hour or longer. Remove with meat.

### BUTTERED LIMA BEANS

Place 1 lb. of fresh green lima beans, which have been washed, in triple kettle in one inch of water. Add salt and pepper and a large lump of butter. Place in Oven 10 minutes before turning off the gas. Let cook on Sealed Heat the same length of time as the rest of the Oven meal.



### **FRESH PORK ROAST**

Baked Sweet Potatoes

Baked Apples

Salad — Dessert — Tea or Coffee

**OVEN MEAL**

(Serves 6)

### **FRESH PORK ROAST**

Place 4 lb. pork roast in bottom of roasting pan, then put in Oven preheated at 500°. Let brown or sear for 10 or 15 minutes. Season with salt and pepper. Add ½ cup water for gravy and put the lid on roaster. Allow 10 minutes additional gas-on time. Turn off gas and cook on Sealed Heat according to Chart.

### **BAKED SWEET POTATOES**

Wash six large yams or sweet potatoes and grease lightly. Place in Oven with roast and allow same cooking time.

### **BAKED APPLES**

Halve and core 6 large, or medium-sized apples. Do not peel. Fill centers with 1 tablespoon brown sugar, a little butter and a dash of cinnamon. Place in uncovered pan with 1 cup of water in pan and put in Oven with meat 5 minutes before turning off the gas. Cook on Sealed Heat with meat and potatoes.

### **ROAST VEAL**

Browned Potatoes

Carrots and Parsnips

Salad — Dessert — Tea or Coffee

**OVEN MEAL**

(Serves 6-8)

### **ROAST OF VEAL** — (Leg, breast, or shoulder) 5 to 6 pounds.

Rub meat with salt and pepper and, if you like, a little ginger and sugar or a little paprika. Put in roaster and place in Oven preheated at 500°. Brown for 20 minutes with the lid off roaster. Then place lid on roaster and cook 10 minutes longer on gas. Turn off gas and cook on Sealed Heat according to the Chart. No water need be added, yet enough juice will form in roaster for delicious gravy.

### **BROWNED POTATOES — CARROTS AND PARSNIPS**

Peel six medium potatoes and scrape six parsnips and six carrots. Place these vegetables in roaster around meat 10 minutes before turning off the gas and season with salt and pepper. Then cook on Sealed Heat the same timing as the meat.



## *Other Roasts and Oven Specialties*



### **LEG OF LAMB or LAMB ROAST** — *about 5 pounds.*

Season 5 pound leg of lamb or lamb roast with salt and pepper and any other seasoning desired such as garlic, onion, or paprika.

Rub seasoning in thoroughly and put in bottom of roaster. Then place in the Oven which has been preheated 10 to 15 minutes at 500°. Let the roast cook for 20 minutes, leaving meat uncovered. Place lid on roaster and burn the gas 10 minutes additional, making a total of 30 minutes — 20 uncovered and 10 covered. (If you like a crust on meat, leave roasting pan vents open. If you do not have a vented roasting pan, leave the lid slightly ajar, or leave lid off.) Turn gas off and cook on Sealed Heat for about two and one half hours. Thicken drippings with flour for delicious gravy.

### **RIB OR ROLLED ROAST OF BEEF** — *5 to 7 pounds.*

Season 5 to 7 pounds of rib or rolled beef with salt and pepper. Place in bottom of roaster, then put in Oven which has been preheated 10 to 15 minutes at 500° and let brown or sear for 30 minutes. No water is necessary and you do not have to use lid of roaster — especially if you like your meat well browned. Turn off the gas and cook on Sealed Heat according to the Chart. For rare meat, allow only 12 minutes per pound on Sealed Heat and meat should be removed from Oven when the time is up. A 7 lb. roast, if you like it rare, would take 1½ hours on Sealed Heat. For medium done roast allow 15 minutes per pound on Sealed Heat. Well done roast 18 minutes per pound on Sealed Heat, or you can let it stay in the Oven longer if you wish.

### **BAKED FISH**

3 lb. whole fish	Salt and pepper
2 tablespoons of butter	1 cup of water
Seasonings — such as 1 slice of onion, ½ cup	
celery — some slices of green pepper, if desired	

Wipe fish clean and dry. Then rub with salt and pepper. Place in uncovered roaster. Rub on butter, then put the onion-celery on the top of fish. Add water. Place in Oven which has been preheated 10 to 15 minutes at 450°, and burn the gas 30 minutes. Turn off gas and cook on Sealed Heat about 1½ hours.



### **BAKED MACARONI AND CHEESE**

$\frac{3}{4}$ lb. plain American Cheese	2 cups milk
grated or cut into small cubes	2 cups elbow macaroni
1 egg — slightly beaten	1 tablespoon butter
$\frac{1}{4}$ teaspoon salt	

Butter the casserole. Place layers of macaroni, then cheese, repeat until all ingredients are used. Add milk to slightly beaten egg. Pour milk and egg all over. Cover and bake in Oven set at 500° and preheated for 10 minutes. Bake with 10 minutes of gas. Turn off gas and cook on Sealed Heat for 45 minutes or longer, if desired.

### **ESCALLOPED POTATOES WITH HAM**

6 large new potatoes	2 ham steaks (2 lbs. precooked)
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup brown sugar
$\frac{1}{4}$ teaspoon pepper	1 teaspoon dry mustard
1 $\frac{1}{2}$ tablespoons flour	Warm milk

Slice raw potatoes thin and lay in casserole, seasoning throughout with salt and pepper. Sprinkle flour over potatoes. Cover with warm milk to level of potatoes. (Add  $\frac{1}{2}$  of a small onion if you wish.) Place in Oven uncovered and cook with gas on for 15 minutes at 500°, then cook on Sealed Heat for one hour. Stir gently and place ham on top of potatoes. Sprinkle with mixture of brown sugar and dry mustard. Place in Oven uncovered and cook for 15 minutes at 350°. Remove and serve.

### **TOMATOES IN CASSEROLE**

2 $\frac{1}{2}$ cups canned solid tomatoes, drained	$\frac{1}{8}$ teaspoon pepper
1 onion, sliced	4 tablespoons sugar
2 teaspoons salt	1 $\frac{1}{2}$ cups stale bread or cracker crumbs
4 tablespoons butter	

Place one half of the tomatoes in a greased casserole. Cover with one half of each of the remaining ingredients, dotting the butter on top. Add the remaining tomatoes and remaining ingredients in the above order, dotting with butter. Place in Oven and cook for 15 minutes at 450°, then for one hour or longer on Sealed Heat.







## ANDERSON SEALED HEAT OVEN

### TIME and TEMPERATURE CHART for Breads — Cakes — Pastries — Custards

#### TO PREHEAT:

Set heat control dial to temperature shown on chart. Light gas in Oven. Let gas burn for 10 minutes before putting food into Oven, leaving the Oven door open for the first minute or two.

**PREPARING THE FOODS:** Merely follow your favorite recipe. If the food you are preparing is not listed in this chart, find a similar food in the chart and follow the time and temperature given for it.

**NOTE:** Where the words "or longer" appear under column "Sealed Heat," the food may be safely left in the Oven (with the gas turned off) for longer periods than required to complete the cooking.

FOOD	Set Temperature Control to		BAKE (Gas On)	SEALED HEAT (Gas Turned Off Completely)
<b>BREAD, BISCUITS, ETC.</b>				
Bread, Yeast	350°F.	NOTE	45 to 60 min.	
Baking Powder Biscuits	450°F.		12 to 15 min.	
Yeast Biscuits	400°F.	PREHEAT	20 min.	
Muffins	400°F.		25 min.	
Pop-overs	475°F.		20 min. .... 15 min.	
<b>COOKIES, ETC.</b>				
Corn Cake	400°F.	OVEN	20 to 25 min.	
Ginger Bread	350°F.		35 min.	
Vanilla Cookies	400°F.	TO	10 min.	
Drop Bran Cookies	400°F.		12 min.	
Molasses Cookies	375°F.		15 min.	
<b>CAKES</b>				
Plain Cake (Sheet or Cup)	375°F.	MINUTES	30 min.	
Loaf Cake	350°F.		45 to 60 min.	
Layer Cake	375°F.	FOR	20 to 30 min.	
Fruit Cake (1 to 2 lb.)	325°F.		45 min. .... 1 hr. or longer	
Fruit Cake (3½ to 5 lb.)	325°F.		1 hr. .... 2 hrs. or longer	
Sponge Cake	325°F.		1 to 1¼ hr.	
Angel Food Cake	300°F.	EVERY	1 to 1¼ hr.	
<b>PIES</b>				
Pastry Shell	425°F.	ITEM	15 min.	
Apple Pie	425°F.		35 to 45 min.	
Rhubarb Pie	425°F.	IN	35 to 45 min.	
Gooseberry Pie	425°F.		35 to 45 min.	
Cherry Pie	425°F.		35 to 45 min.	
Open Cross Cut Pie	425°F.	THIS	20 min.	
Pumpkin Pie	450°F.		25 min. .... 30 min.	
Custard Pie	450°F.		20 min. .... 30 min.	
<b>CUSTARDS, ETC.</b>				
Meringue	350°F.	CHART	15 min.	
Puff Paste	475°F.		15 min. .... 20 min.	
Individual Custards*	325°F.		40 min.	
Large 1 qt. Custards*	350°F.		30 min. .... 25 min.	

\*Bake in Baking pans set in pan of hot water.

#### Special Instructions for Baking with Sealed Heat

All bread, biscuits, cookies, cakes, pies, custards, etc., can be cooked on Sealed Heat with the following simple instructions. When the outer edges of the crust begin to brown, turn the gas off and use Sealed Heat for the remainder of the baking time specified in the recipe.



## How to Bake

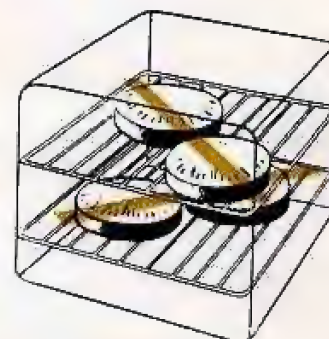
### PASTRIES • BREAD • COOKIES • CAKE

**W**ITH its superior insulation and accurate heat control, the Anderson Oven bakes beautifully. You can either bake as you have always done, following any good recipe for time and temperature, or you can shorten your gas-on timing slightly and use Sealed Heat. You'll improve even the best baking with Sealed Heat because it preserves moisture in cakes, juices and flavor in pies, and removes danger of last-minute burning.

To use Sealed Heat you merely bake according to recipe until cake has risen and begun to brown, or until piecrust has begun to brown, then turn off the gas for the remainder of the cooking time. Some desserts, like pumpkin and custard pies, fruit cake, popovers, cream puffs, and large custards should always be finished on Sealed Heat, as indicated on the Baking Chart. With the Sealed Heat Oven you can turn off the gas instead of lowering the temperature as you would do in a conventional oven.

As a general rule, all pies, cakes, and pastries should be removed from the Oven as soon as they are done, whether you use Sealed Heat or not. Fruit cake and certain pies can be left in the Oven on Sealed Heat as long as you like, but even these items must be removed when done if you bake with straight heat control in the conventional manner.

For good results in baking, heat must be able to circulate freely around all pans in the Oven. Leave an inch or more, therefore, between the edges of your pans, and arrange the pans so that the top layer does not cover the bottom one.



Cake layers arranged for good heat circulation

**Always preheat the Oven for Baking.** You can make an exception of angel food cake or sponge cake, if you like, since they can be baked a number of ways. Three methods of baking angel food cake are given in this book, one of which permits you to start with a cold oven.

For small biscuits, preheat the Oven for 15 minutes at 500°; for large biscuits, preheat at 450°.

If you use vegetable shortening in piecrust, set the heat control a little higher than when you use animal fat, as it does not brown as quickly.

#### OVEN TEMPERATURE FOR BAKING

	Degrees Fahrenheit
Slow Oven . . . . .	200 to 350
Moderate Oven . . . . .	350 to 400
Quick or Hot Oven . . . . .	400 to 450
Very Hot Oven . . . . .	450 to 550



## *Handy Hints for Better Baking*

First, use good ingredients. Second, measure accurately. All of the measurements in this book and in most modern cookbooks are level. Never use a heaping teaspoon, tablespoon, or cup when you should use a level one. To change proportions by wrong measuring will bring the poor results indicated in the following table:

### **Cake Too Dry:**

Too much flour  
Not enough shortening  
Wrong type sugar (powdered sugar is thought by some to give a drier cake than granulated)

### **Cakes Oily, Doughnuts Greasy:**

Too much shortening

### **Cake Heavy and Sticky:**

Too much sugar  
Insufficient baking

### **"Macaroon" Crust**

Too much sugar  
Baked too slowly

### **Moist, Sticky Crust:**

Too much sugar

### **Coarse Grained Cakes:**

Insufficient mixing  
Too slow baking  
Too much baking powder  
Too much shortening

### **Falling Cakes:**

Not enough flour  
Too much shortening  
Too much liquid  
Insufficient baking  
Opening or jarring oven in early part of baking period

### **Uneven Color**

Too fast baking  
Insufficient mixing

### **Cakes Have Poor Color and Odor:**

Too much soda

**Pointer:** Flour should always be sifted once before measuring, then three times with the soda, baking powder, and other dry ingredients.

**Pointer:** Always spread batter up around sides and into corners of baking pans so that the center will not be too thick and surfaces uneven. Uneven oven racks also cause uneven surfaces. It is a good idea to tap the pan with a knife to get rid of any large air bubbles before placing pan in oven.

## **EQUIVALENT MEASURES and WEIGHTS**

3 teaspoons .....	1 tablespoon	8 quarts .....	1 peck
4 tablespoons .....	$\frac{1}{4}$ cup	4 pecks .....	1 bushel
16 tablespoons .....	1 cup	16 ounces .....	1 pound
$\frac{1}{2}$ cup .....	1 gill	2 cups butter packed solid.....	1 pound
4 gills .....	1 pint	4 cups sifted flour .....	1 pound
2 cups .....	1 pint	9 large eggs .....	1 pound
4 cups .....	1 quart	2 cups granulated sugar.....	1 pound
2 pints .....	1 quart	$2\frac{1}{2}$ cups powdered sugar.....	1 pound
4 quarts .....	1 gallon	2 level tablespoonfuls butter.....	1 ounce

### **Have Accurate Equipment for Measuring**

- A measuring-cup holding one-fourth quart and divided by ridges on one side into thirds and on the other side into fourths.
- A quart measure divided by ridges into fourths. Each fourth is a cupful.
- A standard tablespoon that holds one-sixteenth of a cup.
- A standard teaspoon that holds one-third tablespoon.
- A tested scale.



### **BUTTERMILK BREAD**

**2 cakes yeast (compressed)**  
 **$\frac{1}{4}$  cup sugar**  
**1 pint buttermilk, warm — not hot**  
 **$6\frac{1}{4}$  cups flour**  
**1 teaspoon salt**  
**1 tablespoon shortening, soft — not hot**  
 **$\frac{1}{2}$  teaspoon soda**



Crumble yeastcakes into bowl. Blend with sugar and warm buttermilk. Add 3 cups of flour and beat until smooth. Let stand over warm (not hot) water in a warm place until very light and bubbly (about 20 minutes). Add salt and shortening. Sift  $3\frac{1}{4}$  cups flour with soda and add to above. Knead until smooth. Grease the top or cover tightly. Let stand until light and bubbly or double in bulk (about 30 minutes). Cut down in the bowl. When light again, knead until perfectly smooth. Form into loaves. Place in buttered bread pans. Grease the top. Let rise until double in bulk. Bake in preheated Oven for 45 minutes at  $375^{\circ}$ . Use Sealed Heat for the last 15 minutes if you wish.

### **BUTTER FLAKE ROLLS**

**2 cakes yeast (compressed)**  
 **$\frac{1}{4}$  cup sugar**  
 **$1\frac{1}{2}$  cups buttermilk, warm — not hot**  
**1 teaspoon salt**  
 **$\frac{1}{2}$  cup butter or shortening, soft — not hot**  
**5 cups flour**  
 **$\frac{1}{2}$  teaspoon soda**

Crumble yeastcakes into bowl. Blend with sugar and warm buttermilk and let stand for 10 minutes. Add salt and shortening. Sift flour and soda together and add to above. Beat in until very smooth. Brush top with butter. Place bowl over warm (not hot) water and let stand until very light (about 35 minutes). Turn out, without stirring, onto floured cloth. Roll out as thin as possible with floured, covered rolling pin, then brush dough very lightly with flour. Place a cookie sheet, or large flat pan with a straight edge, flat on the dough. Cut dough along edge of pan into strips 2 inches wide. Cut strips into squares. Brush with melted butter. Pile up seven squares. Place with edges down into cups of buttered muffin pan. Brush surfaces with butter and set in warm place. When very light (about 10 minutes) bake for 20 minutes in preheated Oven at  $400^{\circ}$ . Use Sealed Heat for the last 5 minutes if you wish.



### **BANANA TEA BREAD**

1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{3}$ cup shortening
2 teaspoons baking powder	$\frac{2}{3}$ cup sugar
$\frac{1}{4}$ teaspoon soda	2 eggs, well beaten
$\frac{1}{2}$ teaspoon salt	1 cup mashed bananas

(2 to 3 bananas, fully ripe or all-yellow)

Sift together flour, baking powder, soda and salt. Beat shortening until creamy. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth. Turn into a well-greased bread pan ( $8\frac{1}{2} \times 4\frac{1}{2} \times 3''$ ). Bake 1 hour 10 minutes in preheated Oven set at  $350^{\circ}$ . The last 15 to 20 minutes may be cooked on Sealed Heat.

### **BISHOP'S BREAD**

2 $\frac{1}{2}$ cups sifted flour	1 $\frac{1}{4}$ cups brown sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup shortening	1 teaspoon baking powder
$\frac{1}{3}$ teaspoon cinnamon	1 egg
$\frac{3}{4}$ cup chopped blanched almonds	$\frac{3}{4}$ cup sour milk

Sift flour and salt and work in shortening with finger tips. Add sugar and mix. Save  $\frac{3}{4}$  cup of the mixture for top crumbs. To the remaining add baking powder, soda, egg, cinnamon, sour milk. Beat briskly until batter is fairly smooth. Pour into cake pan which has been greased. Scatter the  $\frac{3}{4}$  cup of original mixture to which has been added the chopped almonds. Additional cinnamon may also be used. Bake 25 to 30 minutes in preheated Oven, set at  $425^{\circ}$ . The last ten minutes may be cooked on Sealed Heat.

### **EVERYONE'S FAVORITE BUTTERMILK BISCUITS**

2 cups sifted all purpose flour	4 tablespoons shortening
2 teaspoons cream of tartar	$\frac{1}{2}$ teaspoon salt
1 teaspoon cooking soda	$\frac{3}{4}$ cup buttermilk

Sift dry ingredients. Blend in shortening with pastry mixer or fork. Add buttermilk, mix thoroughly. Place in floured cloth. Roll out  $\frac{1}{2}$  inch thick. Cut and place on shallow pan. Bake in Oven 15 to 18 minutes at  $450^{\circ}$ .



### **STANDARD BAKING POWDER BISCUITS**

<b>2 cups sifted flour</b>	<b>½ teaspoon salt</b>
<b>4 teaspoons baking powder</b>	<b>¼ cup shortening</b>
<b>¾ cup milk</b>	

Mix and sift dry ingredients — cut in shortening until well mixed and add milk and stir quickly making a soft dough. Turn out onto a slightly floured pastry cloth or board. Knead only until smooth. Pat or roll dough to desired thickness. Cut with biscuit cutter and place on baking sheet.

Bake in Oven that has been set at 450° and preheated for 10 minutes. Bake for 12 to 15 minutes. The last few minutes may be cooked on Sealed Heat.

### **SIMPLE TWO-EGG LAYER CAKE**

<b>2 ¼ cups sifted cake flour</b>	<b>1 cup sugar</b>
<b>2 ¼ teaspoons baking powder</b>	<b>2 eggs, well beaten</b>
<b>¼ teaspoon salt</b>	<b>¾ cup milk</b>
<b>½ cup butter or other shortening</b>	<b>1 teaspoon vanilla</b>

Measure flour after sifting once, add salt and baking powder, and sift together three times. Cream the butter, add sugar gradually, and cream together until fluffy. Add eggs and mix thoroughly. Add milk and flour alternately, a little at a time. Beat until smooth after each addition. Add vanilla. Pour into two greased 9-inch layer pans and bake at 375° for 25 minutes. If you prefer, pour into greased 8 x 8 x 2 pan and bake at 350° for 50 minutes. It will also make two dozen cup cakes. Bake at 375° for 20 minutes. Spread with chocolate or fudge icing, or any other icing to taste.

### **FAVORITE THREE-EGG LAYER CAKE**

<b>2 cups sifted cake flour</b>	<b>1 ¼ cups sugar</b>
<b>3 teaspoons baking powder</b>	<b>3 eggs, separated</b>
<b>¼ teaspoon salt</b>	<b>½ cup milk</b>
<b>⅔ cup shortening</b>	<b>1 teaspoon vanilla</b>

Measure flour after sifting once, add salt and baking powder, and sift together three times. Cream shortening with one cup of sugar. Beat in egg yolks, then add dry ingredients alternately with milk. Beat until smooth after each addition. Beat egg whites until stiff, then gradually add remaining ¼ cup of sugar to whites. Fold beaten egg whites into batter. Bake in greased layer pans at 375° for 20 to 25 minutes. Or in an 8 x 8 x 2 pan, bake at 350° for one hour.



### **CHOCOLATE BUTTER FROSTING**

<b>4 tablespoons butter</b>	<b>1 ½ squares unsweetened</b>
<b>2 cups confectioners' sugar</b>	<b>chocolate, melted</b>
<b>½ teaspoon vanilla</b>	<b>4 teaspoons hot milk</b>

Cream butter and one cup sugar together thoroughly. Add vanilla and chocolate. Add remaining sugar gradually, beating well. Add milk until the right consistency to spread.

### **FUDGE ICING**

<b>2 tablespoons butter</b>	<b>2 squares unsweetened</b>
<b>2 tablespoons white corn syrup</b>	<b>chocolate, cut in pieces</b>
<b>1 teaspoon vanilla</b>	<b>⅔ cup cold milk</b>
<b>dash of salt</b>	<b>2 cups sugar</b>

Add chocolate to milk. Cook over low flame until smooth, stirring constantly. Add sugar, salt, and corn syrup. Stir until sugar is dissolved and mixture boils. Continue cooking without stirring until a little of mixture forms a very soft ball in cold water. Remove from flame and add butter and vanilla. Cool until lukewarm, then beat until right consistency to spread.

### **ORANGE CURLICUE COFFEE CAKE** — *Makes two 10-inch cakes.*

<b>2 yeast cakes</b>	<b>5 ¼ cups sifted all purpose</b>
<b>⅓ cup sugar</b>	<b>flour</b>
<b>¾ cup milk, warm not hot</b>	<b>1 tablespoon grated</b>
<b>½ cup orange juice</b>	<b>orange rind</b>
<b>1 teaspoon salt</b>	<b>2 eggs or 6 egg yolks</b>
<b>6 tablespoons melted shortening</b>	

Crumble 2 yeast cakes into large bowl, add ⅓ cup sugar, and ¾ cup milk, warm not hot, add also ½ cup orange juice. Sift and add 2½ cups flour with 1 teaspoon salt. Add eggs, also grated orange rind and 6 tablespoons melted shortening. Then add remaining sifted flour, 2¾ cups. Mix all ingredients until smooth. Stand in warm place, cover with damp cloth or butter top.

When light, punch down. When light again, divide dough, form into long rope about 1 inch in diameter and about 4 feet long. Butter 10 inch round pan. Twist the dough, and arrange dough spiral-fashion in pan beginning at center. Leave small space between, fasten end well to dough. Brush with egg, arrange section of peeled orange in spiral crease, sprinkle ¼ cup sugar mixed with 1 tablespoon grated rind. When double original size, bake in Oven set at 375° and preheated 10 minutes. Turn gas for 30 minutes. The last few minutes may be cooked on Sealed Heat.



### **WHIPPED CREAM CAKE**

**½ pint whipping cream**  
**3 egg whites**  
**2 cups sifted flour, cake**  
**1 teaspoon vanilla**

**2 teaspoons baking powder**  
**1 ½ cups sugar**  
**½ cup milk**

Whip cream slightly, just enough to thicken. Fold in stiffly beaten egg whites. Add alternately to this the flour and sugar that have been sifted together and milk to which vanilla has been added. Put in 2 greased 8 inch cake tins and bake 25 to 30 minutes in preheated Oven set at 350°. This cake is so rich that it does not need frosting. However, any simple frosting may be used, or a topping of whipped cream.

### **ANGEL FOOD CAKE**

**1 ½ cups granulated sugar**  
**1 cup flour**  
**1 ½ cups egg whites**  
**1 teaspoon cream of tartar**

**¼ teaspoon salt**  
**½ teaspoon lemon or vanilla extract**  
**½ teaspoon almond extract**

Add salt to egg whites, beat until foamy, then add cream of tartar. Continue beating until stiff (but not dry). Sift sugar and flour together and fold in sifted flour and sugar carefully. Add extract and pour into ungreased Angel Food pan. Place in center of a cold Oven. (No. 1 instructions below). Bake for 1 ¼ hours at 325°. (The flour and sugar can be sifted together just before folding into egg whites).

#### **THREE WAYS TO BAKE:**

1. Into cold oven set at 350° place Angel Food. When cake has risen and is browning (takes about 25 to 35 minutes) turn off gas. Continue baking for one hour on Sealed Heat, or
2. With oven set at 300° bake at that temperature from 1 to 1 ¼ hours, or
3. Set oven at 250°, bake for 30 minutes at 250° to 300°, then raise temperature to 350° and brown.

Take from oven, invert—let cool from 1 to 2 hours before removing from pan. Cake will fall out when sides are loosened with spatula.

### **CHOCOLATE ANGEL FOOD**

Sift 4 tablespoons (or ¼ cup) cocoa in place of an equal amount of flour in any Angel Food recipe.





### **DEVIL'S FOOD CAKE**

2 1/4 cups bread or all-purpose flour	2 1/4 cups sugar
1/2 cup cocoa	2 eggs, well beaten
1/2 teaspoon salt	1 cup sour milk
3/4 cup shortening or butter	1 teaspoon vanilla
	1 cup boiling water
1 teaspoon soda	

Sift flour and measure. Add cocoa and salt to flour and sift together three times. Cream shortening with sugar and mix in eggs. Put vanilla in milk and add milk to creamed shortening alternately with dry ingredients, stirring until smooth after each addition. Dissolve soda in boiling water and add to batter gradually. Pour into two greased 9-inch layer cake pans. Bake at 350° for 30 to 40 minutes. Remove layers and spread with chocolate or fudge icing.

### **LAZY DAISY CAKE**

1 cup sugar	1 teaspoon vanilla
1/2 cup scalded sweet milk	1 tablespoon butter
2 eggs	1 cup flour
1 teaspoon baking powder	

Beat egg yolks and whites separately, then fold together. Add sugar and beat with rotary beater. Add vanilla, add flour with sifted baking powder, beating all the time. Add scalded milk and butter last. Bake at 350° for 30 minutes.

### **BROWNED ICING**

Cream together 9 tablespoons brown sugar and 5 tablespoons melted butter to make stiff paste. Spread on cake, sprinkle with pecan meats or coconut and place under broiler flame to brown.

### **LITTLE BROWNSTONE CAKE**

2 cups sugar	1 cup butter
3 cups flour	1 teaspoon soda in boiling water
4 eggs	3 squares chocolate or
1 cup sour milk (buttermilk best)	3 tablespoons cocoa
1 teaspoon vanilla	

Cream sugar and butter thoroughly, then add cocoa which has been well sifted, soda dissolved in hot water. Then add flour and milk alternately extracts and eggs last. Bake in a moderate oven about 25 or 30 minutes. (Use only enough boiling water to dissolve soda). Ice with fudge icing (see page 28).



### **PIE CRUST — PIE SHELLS — TART SHELLS**

**2½ cups sifted flour**  
**¾ teaspoon salt**

**⅔ cup shortening**  
**⅓ cup ice water (or less)**

Sift and measure flour. Add salt, and sift together three times. Cut in shortening with pastry blender or fork. Add water—small amount—stirring lightly with fork. Use only enough water to make particles hold together. Shape lightly in a ball and place in a bowl. Cover tightly and chill thoroughly. For either pie crust or shells, roll dough ⅛" thick on lightly floured board. Bake shells at 450° for 15 minutes. This recipe will make one 2-crust, 9-inch pie, or two 9-inch shells, or fourteen 4-inch tart shells.

Note: Many cooks prefer lard to vegetable shortening in pie crust, although either may be used.

### **APPLE PIE**

<b>6 large tart apples sliced thin</b>	<b>⅛ teaspoon allspice</b>
<b>1¼ cups sugar</b>	<b>⅛ cup flour</b>
<b>1 teaspoon cinnamon</b>	<b>⅛ teaspoon salt</b>
<b>½ teaspoon nutmeg</b>	<b>1 tablespoon butter</b>
<b>1 teaspoon lemon juice</b>	

Pastry: Use recipe for pie crust given, dividing dough in half. Roll one-half of dough and line a 9-inch pie tin.

Mix sugar with spices and flour. Place layers of sliced apples in lower crust. Sprinkle each layer with spice mixture, dot with butter. Moisten edge of lower crust with water. Roll remaining half of dough for top crust—cut a few slits for steam to escape—seal edge of pie. Bake according to Anderson Chart, or pie can be placed in Oven with a roast 10 minutes before turning off gas and cooked on Sealed Heat one hour or more.



### **CHERRY PIE**

<b>1 can sour red cherries</b>	<b>1 cup sugar</b>
<b>3 tablespoons flour</b>	<b>1 tablespoon lemon juice</b>
<b>1 tablespoon butter</b>	

Drain cherries, save juice. Mix sugar and flour, add to juice, add butter, and boil until thick; add lemon juice and drained cherries. Set aside to cool while you make pie crust.



### **LEMON MERINGUE PIE**

1 baked pie shell	1 1/3 cups granulated sugar
1 1/2 cups boiling water or scalding milk	juice of 2 1/2 lemons
1 tablespoon butter	grated rind of 1 lemon
5 tablespoons corn starch	1/4 teaspoon salt
3 eggs	3 tablespoons powdered sugar

Blend the corn starch with 1/4 cup cold water and stir into the scalding milk or boiling water. Cook rapidly, stirring constantly until the mixture becomes very thick. Beat the egg yolks, add the sugar, butter and lemon juice and rind, and stir into the cooking mixture. Continue to cook until very thick. Then half cool. Place the baked pie crust shell in a pie plate and pour in the lemon mixture; then cover or dot with tablespoons of meringue.

Meringue: Beat the 3 egg whites until stiff and whip into them a few drops of lemon juice and 3 tablespoons of powdered sugar. Preheat oven for 10 minutes at 300°. Bake pie 15 minutes.

### **BOSTON CREAM PIE**

1 1/2 cups flour (cake)	1 cup sugar
2 teaspoons baking powder	1 tablespoon lemon juice
1/4 teaspoon salt	1 teaspoon grated lemon rind
1/2 cup egg yolks (about 6)	
1/2 cup boiling water	

Sift flour, baking powder and salt together. Beat egg yolks until thick and light colored; gradually beat in sugar. Add lemon juice and rind. Add boiling water slowly, beating constantly. Add sifted dry ingredients, cutting and folding in very lightly. Bake in two ungreased layer cake pans lined with waxed paper, at 350° for about 30 minutes. Cool five minutes; remove from pans. Recipe makes two 9-inch layers. Remove paper immediately. Put layers together with Custard Cream Filling. Cover top with chocolate icing or sprinkle with powdered sugar.

### **CUSTARD CREAM FILLING**

1/4 cup sugar	2 cups milk
1/4 cup flour	2 tablespoons butter
1/4 teaspoon salt	2 eggs (or 4 egg yolks)
1 1/2 teaspoons vanilla extract	

Mix sugar, flour and salt in top of double boiler. Add milk slowly to make smooth mixture. Stir and cook over hot water until thick. Cover and cook 10 minutes. Add butter and well-beaten yolks, mixing quickly. Cook 1 minute. Cool and add flavoring.



### **GINGER BREAD**

1 1/2 cups sifted flour	1/2 teaspoon salt
1 teaspoon baking soda	1/2 cup shortening
1 teaspoon cinnamon	1/2 cup molasses
1 teaspoon ginger	1/2 cup sugar
1 teaspoon nutmeg	1 egg well beaten
3/4 cup boiling water	

Cream together 1/2 cup shortening, 1/2 cup sugar and 1 well beaten egg. Add cinnamon, ginger, nutmeg. Sift soda with flour and salt twice. Add to other ingredients. Then add molasses. Lastly stir in 3/4 cup boiling water. Mix until smooth and well blended. Pour into greased 8 x 8 square pan and bake in Anderson Oven that has been set at 350° and preheated for 10 minutes. Turn gas for 30 minutes. Turn off gas and bake on Sealed Heat for 10 minutes.

### **CHOCOLATE BROWNIES**

1 cup sugar	2 squares chocolate, melted
1/2 cup butter	1 1/2 teaspoons vanilla
2 eggs, beaten	1 cup nut meats
1 cup sifted flour	

Mix and bake in a sheet 8" x 12" for 20 to 25 minutes at 375°-400°. Let cool, cut in strips and remove from pan. Brownies are better if allowed to stand for awhile and they should be rather tough in texture.

### **CHEESE STRAWS**

1 cup butter	1 1/2 cups flour
1 cup cheese, which has been put through food chopper	Pinch of salt
	Pinch of red pepper

Work together with hands, roll out and cut in strips. Bake at 350° to 375° for 15 to 20 minutes.

### **SUGARED PECANS**

3 cups sugar	1 pound shelled pecans
1 cup water	1/3 cup orange juice
1 teaspoon grated orange rind	

Mix water, sugar, and juice and boil to soft ball stage (240°). Remove from range, add orange rind and pecans, and stir until syrup is cloudy. Pour onto waxed paper and as they cool, break apart.





# ANDERSON SEALED HEAT COOKING

Do Not Preheat

## TO HOLD SEALED HEAT LONGER:

If small quantities of food are to be left on Sealed Heat for more than 4 or 5 hours, use a section of the double or triple kettle and put another section full of water into the Well with the kettle of food. The heat in the water will keep the Well hot for a much longer time.

**USE LESS WATER:** Foods cooked in the Well require far less water than when cooked by ordinary means. The tightly-covered kettles, and the relatively short gas-on period mean that very little water boils away. The quantities of water specified in this chart are ample to prevent burning and to soften the foods properly. If you use more, foods will be soggy or mushy.

FOOD	Amount of Water	GAS ON FULL (Food must be brought to good brisk boil)	SEALED HEAT (Gas turned off completely)
<b>FRESH MEATS</b>			
Beef			
Mutton			
Pork			
Veal	1 in.	15 to 25 min.	2 to 4 hrs. or longer
Lamb			
Chicken			
Irish Stew			
<b>PORK AND SAUERKRAUT</b> (Cook together with Kraut in bottom of pan)	1 in.	20 to 30 min.	2 to 3 hrs. or longer
<b>SPAGHETTI SAUCE</b>		20 to 30 min.	2 to 4 hrs. or longer
<b>SMOKED MEATS</b>			
Ham	2 in.	20 to 30 min.	2 to 4 hrs. or longer
Tongue	2 in.	20 to 30 min.	3 to 5 hrs. or longer
Corned Beef	2 in.	20 to 30 min.	2 to 4 hrs. or longer
(If ham or corned beef is to be cooked with cabbage, add the cabbage after meat has cooked 2/3 of the time.)			
<b>POT ROASTING</b>			
(Brown meat over top burner, but not in Well kettle, add 1 inch of water. Complete in Well.)	1 in.	2 1/4 lbs.—20 min. 2 1/2 lbs. and over—30 min.	1 1/2 hrs. or longer
<b>VEGETABLES (Ordinary Green)</b>			
Potatoes			
Kale			
Peas			
Cabbage			
Carrots			
Brussels Sprouts			
Squash	1 in.	Approx. 10 min.	30 to 40 min. or longer
Okra			
Onions			
String-Beans — Young			
Parsnips			
Turnips — Must be Sliced			



# WELL TIME AND TEMPERATURE CHART

## the Cooking Well

Where the chart calls for one inch or two inches, put the water in the kettle before you put in the vegetables. Where quantity of water is greater than food, put food in first.

**IMPORTANT:** Cooking Well kettles must be tightly covered and the Well itself covered with the Cooking Well lid while gas is burning.

**PREPARING THE FOODS:** Merely follow your favorite recipe. If the food you are preparing is not listed in this chart, find a similar food in the chart and follow the directions given for it. If you are preparing larger quantities of food than the Cooking Well will hold, use a tightly covered utensil in the Oven. Preheat Oven at 500°, and follow this chart for timing.

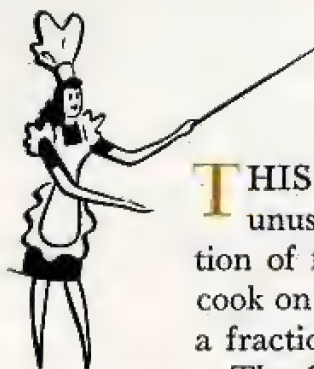
FOOD	Amount of Water	GAS ON FULL (Food must be brought to good brisk boil)	SEALED HEAT (Gas turned off completely)
Spinach	1 in.	Approx. 10 min.	15 to 30 min. or longer
Cauliflower			
Asparagus			
Tomatoes, etc.			
Corn	1 in.	Approx. 10 min.	15 to 30 min. or longer
String Beans — Old	1 in.	Approx. 20 min.	10 min. or longer
Beets	1 in.	Approx. 20 min.	1 hr. or longer
<b>VEGETABLES</b>			
Dried Beans	2-3 times as much as food	Approx. 30 min.	2 hrs. or longer
Navy Beans			
Lima Beans			
<b>CEREALS</b>			
Oatmeal	Use Amount Specified on Package	App. 12 to 15 min.	30 min. or longer
Cream of Wheat			
Farina			
Ralston			
Wheatena			
Many Baby Foods			
Rice	3 times as much as food	Approx. 10 min.	30 min. or longer
Hominy			
<b>SOUPS</b>			
Meat Stocks	Per	Approx. 30 min.	2 hrs. or longer
Cream of Vegetable	Recipe	Approx. 30 min.	30 min. or longer
<b>FRUITS</b>			
Fresh Fruits	1 in.	Approx. 10 min.	30 min. or longer
Apples			
Pears			
Pineapple			
Dried Fruits	3 times as much as food. No soaking required.	10 to 15 min.	1½ hrs. or longer
Peaches			
Prunes			
<b>PUDDINGS</b>			
Fruit Puddings	2 inches in bottom of double boiler	45 min.	2½ hrs. or longer
Suet Pudding			
Indian Pudding			
Boston Brown Bread			



THE

Anderson

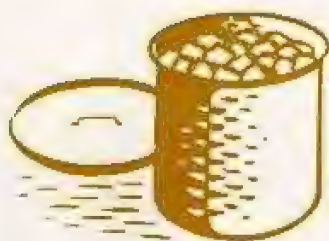
Sealed Heat  
COOKING WELL



**T**HIS outstanding feature of the Anderson Range is an unusual labor-saver as well as gas-saver. With the exception of fried foods, just about anything you would usually cook on the top burners can be cooked in the Well with only a fraction of the gas normally used.

The Cooking Well will make the finest soups, stews, and pot roasts you ever tasted. You will find that vegetables have new and stimulating flavor. Delicious, nourishing stock from meat bones is no trouble at all.

The Sealed Heat Cooking Well is not a pressure cooker, but is, rather, a time-tested development that offers many advantages over pressure cooking. Like a pressure cooker, it requires a minimum of water and retains all of the vitamins and natural mineral salts. But because food is not subjected to high pressure and is brought only to the steaming point, Well-cooking does not break down the internal structure of foods. This means that they come out more firm and palatable. In addition, the Cooking Well requires no watching. Finally, the Well will cook as many as three foods at one time over a single small burner — cooking 80% of the time *with the gas turned off!*



Foods prepared in the Sealed Heat Cooking Well take as long to cook as by conventional top-of-stove methods. But the average gas-on time is only a few minutes — then you finish on Sealed Heat. Once you turn off the gas your time is your own, because food need not be removed when done. It will stay hot for hours until you are ready to serve. This is particularly convenient with a small family, since the Cooking Well can easily hold a complete meal of meat, vegetable, and dessert.

**DO NOT PREHEAT** the Sealed Heat Cooking Well. Except for this, you follow the same cooking rules as for the Oven. For every *10 minutes* of gas-on cooking, the Well cooks for *one hour* on Sealed Heat. Foods requiring one hour of ordinary cooking will require only 10 minutes or less of gas in the Well; those requiring two hours will take 20 minutes of gas. For any Sealed Heat cooking, however, 30 to 40 minutes of gas is the maximum.



## How to Use the Sealed Heat Cooking Well:

Be sure that the chrome-topped lid of the Cooking Well unit is always fitted down in place during both gas-on and Sealed Heat cooking. If you want to look in the Well during the Sealed Heat period, relight the gas for two or three minutes after the Well is closed to rebuild the temperature.

Food should be brought to a brisk boil and steam coming out of the Cooking Well lid before you turn off the gas to start cooking with Sealed Heat. The Cooking Well Chart shows the lengths of time required to bring various foods to a proper boil. We suggest, however, two or three minutes more gas-on time for vegetables which are not garden fresh. Coarser vegetables, such as beets, may require as much as five extra minutes when they are not fresh.



All of the hardy vegetables, such as potatoes, carrots, beets, and even asparagus and squash may be left in the Cooking Well indefinitely after they are done. They will remain firm and delicious for hours. The softer vegetables, such as green beans, peas, and cauliflower, will be firmer if removed when the cooking time is up, although they will lose none of their flavor or vitamins if left in the Well.

You can cook three foods in the Sealed Heat Cooking Well at the same time. If each of the foods requires a different gas-on cooking time, however, put the food in first which requires the longest time. Give it part of the gas-on period, then add the food which requires the next longest time. The shortest-cooking food should be put in last. In this way each food will receive its proper timing with the gas on, and all foods will cook on the same Sealed Heat timing. Of course, only one kettle or two kettles may be used at one time if you wish.

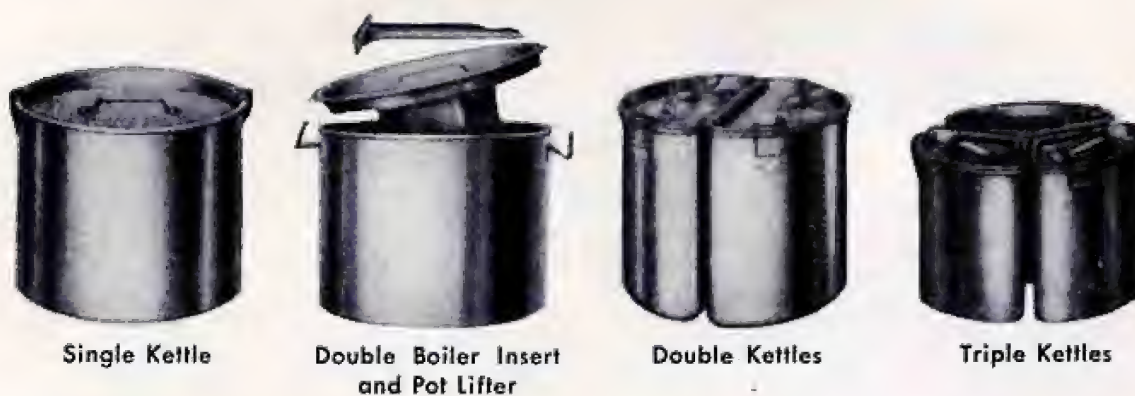
You can open the Cooking Well at any time during the gas-on period, but if you add more food, be sure it gets its full gas-on cooking time before you turn off the gas.

**YOU COOK WITH A MINIMUM OF WATER** in the Sealed Heat Cooking Well. Because of this, your food is more healthful and appetizing than when you cook by ordinary methods. Most vegetables call for only an inch of water in the kettle — spinach cooks in the water which remains on the leaves after you wash it. Most meats require only two inches. This means that juices in your food are not diluted. Nor do you boil the vitamins, food value, and mineral salts out of your vegetables and drain them off down the sink with the cooking water.





## COOKING WELL KETTLES



There are four different sizes and types of kettles available for use in the Sealed Heat Cooking Well, but any kettle with a tight-fitting lid can be used if the Well will accommodate it. We recommend the following kettles because of their special utility.

### **The 7-Quart Single**

Ideal for large quantities of food, such as chicken and dumplings, pot roasts, Irish stews, and soups. This kettle can also be used as a small warming oven for rolls, etc. (Burn the gas for 3 minutes only, without the lid on the kettle.)

### **The Double Boiler**

is used somewhat differently from a conventional double boiler. In the Sealed Heat Cooking Well this kettle arrangement is used for cooking two foods at once, such as a pudding in the insert and a vegetable or some kind of meat in the bottom, or for brown bread in the insert and baked beans in the bottom.

### **The Double Kettles,**

each holding 3 quarts, are used for cooking two kinds of food in larger quantities than can be placed in the triple kettles.

### **The Triple Kettles,**

which hold 2 quarts each, are very practical and useful in everyday cooking, since they require no more gas than a single large kettle, yet provide for cooking three foods at one time.



## **SPECIAL USES OF THE**

# *Cooking Well*



### **As a Small Oven**

If you are baking only a few potatoes, lay them on the special rack which is available for the Well. Turn the gas down low and burn it about 20 minutes, then finish baking on Sealed Heat as you would in the big oven.

### **As a Sterilizer**

The baby's bottles are easily and thoroughly sterilized in the large Cooking Well kettle. Leave them in the sterile water in the Well as long as you like.

### **As an Overnight Cooker**

Morning cereals can be started in the Cooking Well the night before. If the quantity is large, they will be hot and ready at breakfast time. If they are only warm, reheat slowly on top of stove. Soups, stews, and other long-cooking foods can always be done overnight, leaving the Well free for the next day.

### **For Steaming Seafoods**



The Sealed Heat Cooking Well is ideal for steaming clams, lobsters, and other seafoods. You lose none of the delicate flavor and retain more of the health-giving qualities when you cook these foods on Sealed Heat.



## *Menu Suggestions for the* **SEALED HEAT COOKING WELL**



(Serves 6)

This tasty meal may be left in Sealed Heat Cooking Well all day. Gas savings of 45 minutes in an Anderson Range. Time savings of 45 minutes to an entire day.

### **STEAMED SALMON ROLL**

Green Salad  
with  
French Dressing

Dessert

Bread & Butter

Riced Potatoes  
with  
Melted Butter

Tea or Coffee

### **STEAMED SALMON ROLL** — Use Double Broiler Kettle Insert.

1 pound can or 2 cups salmon with juice	3 eggs slightly beaten
3 tablespoons butter	3 tablespoons Worcestershire sauce
1 teaspoon celery seed	2 tablespoons prepared mustard
$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
1 $\frac{1}{2}$ cups picked bread crumbs	

Remove bones and flake salmon—do not drain. Add seasoning, bread crumbs and eggs. Grease insert of double boiler. Line bottom of insert with waxed paper. Fill with salmon mixture and clamp insert to lid of large single kettle. Cook with the potatoes as directed below.

### **RICED POTATOES**

6 to 8 medium size potatoes	4 tablespoons butter, melted
1 tablespoon salt	3 cups water

Scrub potatoes well—cook with skins on. Pour one inch water with one tablespoon of salt in bottom of large kettle. Place potatoes in water around sides of kettle and arrange so insert containing Salmon Roll may be placed in center. Cook potatoes with Salmon Roll, burning gas 15 minutes. Turn off gas and cook on Sealed Heat for 45 minutes or longer. Remove potatoes from kettle—peel—put through a potato ricer and pour in melted butter. Arrange on platter around Salmon Roll. Sprinkle paprika or chopped parsley over potatoes.



This is a delicious surprise meal. May be left in Sealed Heat Cooking Well all day. Gas savings of 1 hour. Time savings of 1 hour to an entire day.

### **MOCK CHICKEN**

with Mushroom Sauce

Carrots and Peas

Rice

Hearts of Lettuce  
with

Tomato Soup Dressing (See Page 48)

Cherry Pie (See Page 31)

Tea or Coffee



(Serves 6)

### **MOCK CHICKEN — Mushroom Sauce — Use Cooking Well Triple Kettle**

**1 ½ to 2 lb. veal steak**

**Salt and pepper**

**1 can mushroom soup**

**Flour**

**4 tablespoons butter or poultry fat**

Have butcher cut one thick veal steak or cutlet weighing 1½ to 2 lbs. Then divide steak into 6 pieces. Flour each piece well and add salt and pepper. Have butter or fat melted and hot in skillet on top burner. Brown well on both sides each piece of floured and seasoned veal. When browned pour over all one can of mushroom soup — bring to a boil — remove veal and sauce from skillet to a triple kettle. Place in Sealed Heat Cooking Well and burn gas for 10 minutes — cook on Sealed Heat for one hour or as much longer as desired.

### **CARROTS AND PEAS**

**2 cups shelled fresh peas**

**6 medium size carrots cut in quarters**

**1 cup water**

**1½ teaspoons salt**

**Pepper to taste**

**2 tablespoons butter**

Place carrots, peas, water and seasoning in triple kettle. Seal tight. Put in Sealed Heat Cooking Well and burn gas for 10 minutes. Cook on Sealed Heat 1 hour or longer. Serve with juice.





(Serves 6)

This savory meal may remain in Sealed Heat Cooking Well for hours. Gas savings of 2 hours in an Anderson Range. Time savings of 2 hours to an entire day.

### **BEEF RAGOUT "ITALIAN"**

Potatoes

Mixed Vegetable Salad

Dessert

Tea or Coffee

**BEEF RAGOUT "ITALIAN"** — Use Cooking Well Twin Kettles.

2 lbs. of round steak cut 1 inch thick  
1 onion grated  
4 stalks celery chopped fine  
4 tablespoons catsup  
1 clove garlic minced  
¼ teaspoon powdered thyme  
Salt and pepper  
¼ cup flour  
1 cup Red Wine

Cut round steak in 1 inch squares. Season with salt and pepper. Flour each square of meat. Brown in butter or poultry fat, in skillet on top burner. Add chopped vegetables and seasonings, then wine and stir constantly until the mixture comes to a boil. Pour into a twin kettle. Place in Sealed Heat Cooking Well. Burn gas on meat 15 minutes. Cook on Sealed Heat 2 hours or as much longer as desired.

### **BOILED POTATOES**

Scrub clean 6 or 8 potatoes. Place in other twin Cooking Well kettle with 1 cup of water and 1½ teaspoons salt. Put in Cooking Well 10 minutes before turning off gas. Cook on Sealed Heat 2 hours or longer. Remove with meat. If potatoes are cooked alone burn gas 10 minutes and cook on Sealed Heat 1 hour.



## *Other Cooking Well Specialties*

### **PIGS KNUCKLES and SAUERKRAUT**

Place 4 to 6 Pigs Knuckles in large kettle of Sealed Heat Cooking Well, salt and pepper to taste, and add:

$\frac{1}{2}$  teaspoon caraway seed  
3 apples, pared and sliced  
1 lb. 12 oz. can of sauerkraut  
1 cup water if fresh sauerkraut is used

Place in Sealed Heat Cooking Well and cook with 30 to 45 minutes of gas, according to number of pigs knuckles used. Cook on Sealed Heat for 2 hours or as long as desired.

### **BOILED BEEF** — Use large Cooking Well Kettle.

Place 4 or 5 lbs. of short rib or brisket of beef in kettle, using  $\frac{1}{2}$  inch of water. Add the following seasonings: 2 onions sliced, 3 bay leaves, salt and pepper to taste. Cook with gas on 30 minutes. Cook on Sealed Heat 2 hours or longer. 6 to 8 medium size potatoes or carrots may be added to the meat 10 minutes before gas is turned off.

### **SPICED TONGUE** — $3\frac{1}{2}$ lbs. smoked tongue.

Cover tongue with water and cook in large Cooking Well kettle with seasonings as follows:

$\frac{1}{2}$  clove garlic or medium size onion  
3 bay leaves  
A few whole cloves  
1 teaspoon dry mustard

Cook with gas on 25 minutes. Cook on Sealed Heat 2 hours or more. When done, remove skin and let cool in water in which it was cooked. If served hot, reheat in same liquid.



### **HUNGARIAN GOULASH**

2 tablespoons fat	1 cup hot water
1 lb. ground steak	1 teaspoon salt
1 onion, finely chopped	¼ teaspoon pepper
1½ cups uncooked spaghetti	1 tablespoon Worcestershire Sauce
1 cup beef broth	

**Paprika to taste**

Heat fat in large Well Kettle; sear steak and onion in it. Add remaining ingredients, cover, place in Cooking Well. Cook with 10 to 12 minutes of gas, turn off gas, and cook on Sealed Heat for 1 hour or longer, if desired.

### **STEAMED LIVER LOAF**

1 lb. liver (beef or pork)  
½ lb. salt pork  
1 medium onion  
½ cup milk  
¼ teaspoon pepper  
6 sprigs of parsley  
2 eggs, beaten  
¼ teaspoon salt  
1 cup corn flake crumbs (fine)

Pour boiling water over liver and let stand for ten minutes. Pour off water, put liver, salt pork, onion and parsley through the food chopper twice, add the eggs, corn flake crumbs, milk and seasonings.

Use Double Boiler Well Kettle. Put into the insert of the Double Boiler Kettle which should be well greased. Clamp insert to lid, and put 1½ inches of water into bottom of double boiler. Burn gas for 20 to 25 minutes, turn off gas, and cook on Sealed Heat for 2 hours, or as much longer as desired.

### **CAULIFLOWER**

Break one large size cauliflower into flowerettes, place in twin or triple kettle with 1½ cups water and ½ teaspoon salt.

Cook in Anderson Sealed Heat Cooking Well with 8 to 10 minutes of gas. Turn off gas and cook on Sealed Heat for ½ hour or longer. Serve with melted butter. Cauliflower may also be cooked with an oven meal by placing in oven 10 minutes before turning off gas.



**CRAB GUMBO WITH STEAMED RICE** — *From an old New Orleans Recipe.*

1 onion chopped fine  
1 tablespoon bacon fat  
or butter  
2 tablespoons flour  
1 qt. soup stock, beef or  
chicken  
1 small can of tomatoes,  
about 1 cup

1 lb. fresh okra  
 $\frac{1}{2}$  lb. fresh crab meat  
 $\frac{1}{2}$  lb. fresh shrimp, boiled  
parsley  
 $\frac{1}{2}$  lemon, sliced  
2 tablespoons Worcester-  
shire to be added with  
crab and shrimp

Salt and pepper to taste

Use large single Kettle. Brown onion in melted fat, add flour, soup stock, tomatoes and okra. Cook about 25 minutes with gas on and one hour or more on Sealed Heat. Add crab, shrimp and Worcestershire Sauce to mixture. Serve hot with a mold of rice in center.

**STEAMED RICE**

1 cup rice  
 $\frac{1}{2}$  teaspoon salt  
 $1\frac{1}{2}$  cups boiling water  
1 tablespoon butter

Wash rice, place with boiling water, salt and butter in insert to Cooking Well Double Boiler. Clamp into lid, put down into large single kettle. Cook with Crab Gumbo using same amount of gas and Sealed Heat. Rice cooked alone does not require this amount of gas; however, the extra amount of steaming will not make rice soggy or affect flavor.

**CORNERD BEEF AND CABBAGE** — Serves 8.

Easily prepared and a treat for the family. Gas savings of 4 hours in an Anderson Range. Time savings of 4 hours to an entire day.

4 lb. piece of Cornerd Beef  
(Rump, brisket or flank)  
Any seasoning desired

$1\frac{1}{2}$  inches of water  
1 head cabbage

Have butcher tie meat in a round roll shape securely. Then place in large, single kettle. Add the water and place the cabbage, which has been quartered, on top of meat. Add seasoning. Burn the gas 25 to 30 minutes, then turn off gas and cook on Sealed Heat for 3 hours. You can leave it in longer if you care to.



### **MEAT AND VEGETABLE SOUP STOCK** — *About 8 cups of broth.*

Place in large kettle of Sealed Heat Cooking Well 3 pounds of brisket, shinbone and meat cut from bones. Brown in bacon fat or butter on top of stove. Then cover bones and meat with water, filling kettle not more than three-quarters full. Add 1 teaspoon salt, 1 bay leaf, 1 teaspoon celery seed,  $\frac{1}{8}$  cup of raw rice. Place kettle containing the above ingredients in Well. Burn gas for 30 minutes. Ten minutes before turning off gas add the following vegetables chopped—about 2 cups full in all—carrots, onions, celery stalk and leaves, a parsnip or turnip. Burn gas for 10 more minutes, then cook on Sealed Heat for 2 hours. This may be served with vegetables or strained. If served strained, garnish with chopped parsley or croutons.

### **ONION SOUP WITH CHEESE**

1 quart soup stock\*  
6 onions, sliced  
4 tablespoons butter  
Salt and pepper to taste

8 thin slices of toast  
1 teaspoon Worcestershire  
Sauce  
Grated cheese (Parmesan  
preferred)

Simmer onions in butter until they are light brown. Add soup stock\*. Place in triple kettle of Well. Cook with 10 minutes of gas and cook on Sealed Heat one-half hour or longer. Place a slice of toast in each soup plate. Pour hot soup over it, and served with grated cheese.

\*Canned beef bouillon can be used in place of home cooked soup stock, if desired.

### **BAKED BEANS WITH PORK CHOPS** — *Use Cooking Well and Oven.*

1 pound dried pea or  
Navy beans  
1 8-oz. can tomato sauce

6 or 8 pork chops  
 $\frac{1}{2}$  pound brown sugar  
3 onions

$\frac{1}{2}$  pound bacon

Put dried beans in large Well kettle with three times as much water as food. Add the 3 onions, sliced, and season with salt and pepper. Cook 30 minutes with gas on, then turn off gas and cook 3 hours or longer on Sealed Heat. When you use the Cooking Well, the beans need not be soaked overnight, as required in most recipes. However, to insure even cooking, open the Well five minutes before turning off the gas and stir top beans to the bottom.

Trim pork chops and season. Place in bottom of casserole, baking pan, or bean pot. Add tomato sauce and sugar to beans, and pour over chops. Lay the bacon on top of beans. Bake in Oven for 30 minutes at 400°, then turn off the gas and cook for 1 hour or longer on Sealed Heat.



### **STEAMED DATE PUDDING**

- |  |   |
|--|---|
| $\frac{1}{2}$ cup Graham flour             | $\frac{1}{2}$ teaspoon soda, dissolved in $\frac{7}{8}$ cup of sour milk (half sour cream and half sour milk may be used instead of all milk) |
| $\frac{1}{2}$ cup sifted all purpose flour |   |
| $\frac{1}{2}$ teaspoon salt                |   |
| $\frac{1}{2}$ teaspoon cinnamon            |   |
| $\frac{1}{2}$ cup chopped dates            |   |
| $\frac{1}{3}$ cup molasses                 |   |

Place mixture in top insert of Double Boiler. Put  $1\frac{1}{2}$  inches of water in bottom kettle. Cook with 20 minutes of gas and 2 hours or longer of Sealed Heat.

### **RICE PUDDING** — Use Oven or Cooking Well.

- |  |                               |
|--|-------------------------------|
| $\frac{1}{2}$ cup uncooked rice  | 1 teaspoon salt               |
| $2\frac{1}{2}$ cups milk or 1 cup evaporated milk diluted with $1\frac{1}{2}$ cups water | 1 teaspoon cinnamon           |
| 1 egg  | $\frac{1}{4}$ teaspoon nutmeg |
|  | $\frac{1}{2}$ cup raisins     |
|  | 2 teaspoons vanilla           |
| 1 tablespoon butter  |                               |

Wash and drain rice. Add milk to slightly beaten egg. Mix other ingredients and seasoning together. Pour all into a buttered twin Cabinet Kettle or covered casserole or utensil. Place in Anderson Oven set at  $500^{\circ}$  and preheated for 10 minutes. Burn gas for pudding 10 minutes. Turn off gas and cook on Sealed Heat 1 hour or as much longer as desired. This rice pudding may also be cooked in Cooking Well burning gas for 10 minutes and cook on Sealed Heat for 1 hour or longer.

### **COTTAGE PUDDING**

- $\frac{1}{4}$  cup shortening
- $\frac{3}{4}$  cup sugar
- 1 egg
- $1\frac{3}{4}$  cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup milk
- 1 teaspoon vanilla

Cream shortening and sugar together. Blend in well beaten egg. Stir in flour which has been sifted with baking powder and salt. Add alternately with the milk—add flavoring. Bake in medium oven. Serve with Sauce.



### **APRICOT PUDDING**

<b>1 ½ cups sifted flour</b>	<b>⅓ teaspoon mace</b>
<b>1 ½ teaspoons baking powder</b>	<b>½ cup steamed apricots</b>
<b>½ cup sugar</b>	<b>⅔ cup milk</b>
<b>½ teaspoon salt</b>	<b>⅓ cup melted butter</b>

Sift together flour, baking powder, sugar, mace and salt. Combine with mashed apricots, milk and melted butter. Pour into the insert of Cooking Well Double Boiler that has been well greased and the bottom lined with wax paper. Clamp insert to lid of double boiler and steam with 2 inches of water in bottom of double boiler. Burn gas 25 to 30 minutes. Cook on Sealed Heat 2½ hours or longer.

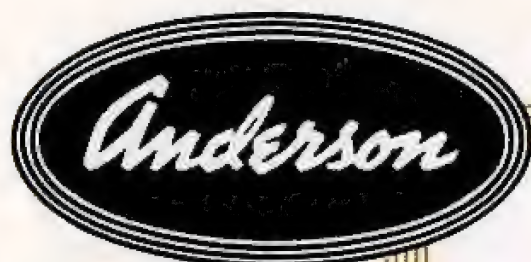
### **TOMATO SOUP DRESSING (French)**

<b>1 can tomato soup</b>	<b>½ teaspoon dry mustard</b>
<b>⅔ cup vinegar</b>	<b>½ cup sugar</b>
<b>1 ½ cups oil</b>	<b>2 tablespoons Worcestershire Sauce</b>
<b>1 teaspoon salt</b>	

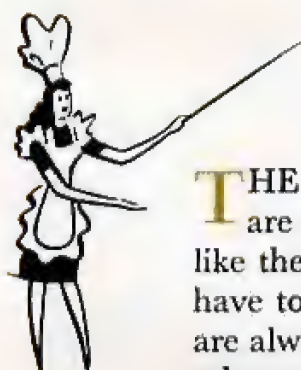
**1 clove garlic**

Put ingredients into a quart glass fruit jar and shake well—dressing is ready to use. This dressing is wonderful to use when broiling fish. Spread thinly on fish and place under broiler. Also can be used on hamburger patties, steaks, etc. Primarily, though, it is for green salads.





## **BROILER and GRIDDLE**



**T**HE Waist-High Broiler and the Top-Surface Griddle are outstanding features of the Anderson Range. You'll like their convenience and all-around usefulness. You don't have to stoop to watch food or adjust the flame. The units are always ready when you want them—independent of your other cooking.

Then too, these units often have particular appeal to the men of the family. If the head of the house is an amateur chef, he'll soon make a specialty of the real, "sizzling platter" steaks—broiled as only charcoal could do it before—that come from following the simple Anderson directions. And pancakes turn golden brown on the large Anderson griddle at a rate that satisfies the heartiest male appetite.

In preparing any of your meals, or for special party snacks, you'll find many uses for both broiler and griddle. When you add their convenience to the many other remarkable Anderson features, you'll agree that they put the finishing touches on real cooking pleasure.



### **THE BROILER AND "SIZZLING PLATTER"**

The famous Anderson Sizzling Platter which comes in your Broiler is made of heavy cast aluminum. It absorbs heat readily from the flame and returns it to the underside of your meat—which means that *you need not turn meat over to cook both sides*. You merely pre-heat the platter, put on your meat and sear under the flame, then finish broiling on a lower rack for the time required to broil both sides in a conventional range. When you carry the handsome platter to your dining table, the meat is still sizzling in rich juices—a sound



to stimulate any appetite. You will find that the meat is cooked evenly from both sides, and that it has the famous "charcoal broiled" flavor which is usually lacking in range-broiled meat. Detailed instructions for broiling a steak are given below.

In addition to steaks, chops, chicken, and ham, many other foods may be cooked in your broiler. Broiled vegetables and fruits are delicious. The broiler is handy for browning canapes and hors d'oeuvres. Even certain desserts can be prepared in the Broiler. It is ideal, for example, for baking the meringues on pie.

Use your Anderson Broiler for making flame-browned toast — you'll like its "extra-toasted" flavor, and you can cook several pieces at a time. For soft toast, place the platter high up under the flame and cook quickly. Hard, or Melba toast, is cooked for a longer time with the platter in the lowest position. The Broiler is, of course, excellent for open-toasted sandwiches.

A complete breakfast can be prepared in the Broiler at the same time. To broil bacon, simply lay the strips on the Sizzling Platter.



Light the burner after you have moved the Platter to high position about an inch from the flame. Broil until top side is brown—about 3 to 5 minutes—then turn and broil the other side. If you preheat the Broiler 5 minutes before putting in the bacon, you will not have to turn it. Eggs can be fried toward the front of the platter in the fat running down

from the bacon. If you wish to broil slowly, move the platter to a lower rack in the Broiler.

## HOW TO BROIL A STEAK

A really good broiled steak calls for a tender piece of meat, cut at least an inch thick. It should be cooked in a very hot broiler after pre-heating the Sizzling Platter. T-bone steak is good for broiling, or a Porterhouse, cut  $1\frac{1}{2}$  to 2 inches thick. One large thick steak is better than several small ones, particularly if you like it well done outside and rare inside. Then too, one large steak is less trouble because you do all of your broiling at once.

To pre-heat the Sizzling Platter, place it up as close as possible to the flame on the topmost rack in the Broiler. Pre-heat with full flame for 10 minutes (but no more). Place the meat on the Platter and lower the Platter so that the meat will be about an inch from the flame. (Note: If you like steak well seared, leave the Platter on the top rack and roll the broiler back and forth so that the meat passes directly through the flame. After you have done this for a few moments, the meat will turn whitish on the surface and will have dark seared streaks around the edges. Then lower the Platter to the





cooking position with the meat about an inch from the flame). You do not have to turn the steak if you have pre-heated the Platter. The hot aluminum sears the lower side as the flame broils the top.

Broiling time varies from 7 to 12 minutes, depending on the thickness of the steak and on whether you like your meat rare, medium, or well done. If you want it well done, cook it more slowly with the Platter in the lowest position. If you want to flame-broil both sides, simply turn the steak after it is seared, then season and cook the second side at the same height (or lower for longer cooking).

It is not necessary to cut off all of the good fat, which adds flavor and tenderness to steak. The fat will cook out and drain to the front of the Platter; you can use it to baste the meat if you wish. You will not need to use much butter for seasoning steaks which are cooked in their natural fat, although they should be seasoned well with salt and pepper.

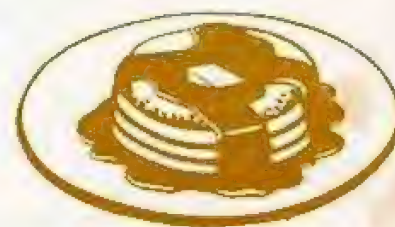
The "sizzle" is not the only advantage in serving meats directly on the Platter. They will stay hot longer. Garnish the Platter with vegetables or fruits which you have cooked in the Sealed Heat Cooking Well, or have grilled with the meat in the Broiler.

### THE ANDERSON TOP-SURFACE GRIDDLE

We have mentioned the golden-brown pancakes which your handy, top-surface Griddle will cook eight-at-a-time. But you'll find the Griddle useful in many other ways. Grilled hamburgers, French toast, bacon, eggs, fruits, and vegetables are deliciously cooked on this convenient unit. It is excellent, also, for cooking thin slices of meat.

The Griddle should be thoroughly clean before you light the burner. Turn the flame down low enough so that the Griddle won't be too hot—a little experimenting will soon make you expert. You can test the Griddle temperature the same way you would an iron, or drop a little water on it. If the water separates into tiny dancing drops, the Griddle is at the proper temperature for most cooking.

When cooking hotcakes which contain sufficient butter or other shortening, it is usually unnecessary to grease the Griddle—particularly if the temperature is not too high. You can use a small amount of unsalted fat for the first cakes if you wish, but no more will be needed. It is best to grease the Griddle a little when cooking foods which might stick, such as mush, corn cakes, or French toast.





## *Other Anderson Broiler Specialties*



### **BROILED FISH and OTHER SEA FOODS**

Select fish in season in your locality. However, if frozen fish are used, thaw fish before cooking. It is better to split or fillet fish.

Before broiling, preheat Anderson Broiler 5 to 10 minutes with flame high. Grease the part of Sizzling Platter where fish is to be placed. Arrange fish on Platter, skin down, about 2 inches from flame. Season fish and dot with butter any fish without natural oil or fat.

Allow 5 to 10 minutes of broiling on smaller fish and 25 to 30 minutes for larger fish.

Burn gas with a lower flame and cook fish more slowly than chops or steaks.

Serve on Sizzling Platter, pour melted butter with a few drops of lemon juice added over fish. Garnish with slices of lemon and chopped parsley. Serve hot.

### **BROILED CHOPS — Lamb — Pork — Veal.**

Have butcher cut chops 1½ to 2 inches thick.

Preheat Broiler with gas on full 5 to 10 minutes with Platter as close to flame as possible. When Platter is sizzling hot put in chops, which have been seasoned with salt and pepper. Sear quickly, allowing about 5 minutes to each side. When brown, reduce heat or lower Platter to finish cooking. Time of cooking depends on whether rare, medium or well done meat is desired.

Veal and Pork Chops should be well cooked. Ordinary chops require 8 to 15 minutes, thick chops 15 to 20 minutes.

### **BROILED CHICKEN**

Clean and halve young and tender chickens, brush them over with melted chicken fat or butter. Season with salt and pepper. Preheat Broiler 5 minutes or longer. Have Platter up close to flame. When hot place seasoned chicken skin side down on Platter, which is now placed 1½ inches from flame. Brown this side well and turn. Brown skin side, allow 8 to 10 minutes for each side, then lower gas and cook 5 to 10 minutes longer or until tender. Full broiling time required depends on tenderness and age of chicken.



### **BROILED LIVER and BACON**

Calves liver should be cut into  $\frac{1}{2}$  inch thick slices, brushed with melted bacon fat or butter seasoned with salt and pepper.

Preheat Broiler about 5 minutes with gas on full. Place as many slices of liver as desired on Platter. Broil meat about  $1\frac{1}{2}$  inches from flame. Time of broiling depends on how well done you prefer meat: FOR RARE MEAT — allow 5 minutes without turning. FOR WELL DONE MEAT — allow about 4 minutes broiling to each side.

Score edges of as many slices of bacon as desired. Place around meat on platter allowing 5 minutes of broiling.

Beef, Pork and Lamb Liver are improved in flavor by putting into boiling water to which a little vinegar has been added (one teaspoon to a cup of water) and allowing it to stand immersed for 5 minutes. This does not decrease the food value and it does materially improve the flavor. Broil the same as calves liver.

### **BROILED OYSTERS and TOMATOES**

**12 large oysters, shelled, rinsed and drained**  
**1 egg, slightly beaten**  
**Salt and pepper**  
**3 tablespoons melted butter (Lemon juice optional)**  
**Prepared cracker meal or finely crushed cracker crumbs**  
**4 medium size firm tomatoes**

Select large oysters, rinse with cold water, drain slightly on towel. Roll oysters in cracker crumbs, dip each oyster in the egg that has been seasoned with salt and pepper and slightly beaten. Roll oysters in crumbs again.

Preheat Broiler for 5 minutes and have Platter close to flame. Grease Platter where oysters and tomatoes are to be placed. Remove Platter to  $1\frac{1}{2}$  inches from flame, place oysters on Platter. Pour butter and a few drops of lemon juice on each oyster. Broil 3 minutes, turn and broil other side 3 minutes. Oysters may be cooked without turning allowing 5 or 6 minutes cooking.

Wash tomatoes, cut out core and sprinkle with salt and pepper. Place a dot of butter where the core was removed. Place around oysters 3 minutes before oysters are done.

Serve broiled oysters on buttered toast with broiled tomatoes. Garnish with parsley.



### **BROILED PENNYWISE PORTERHOUSE STEAK**

*Use Hamburger, Ground Chuck or Round Steak.*

1 ½ lbs. ground beef	1 small minced onion
1 ½ teaspoons salt	2 tablespoons melted butter
½ teaspoon pepper	3 or 4 firm tomatoes, sliced ½ inch thick

Mix meat and seasoning. Shape meat in the form of small porterhouse steaks, about 1½ inch thick. Place platter in Anderson Broiler as close to flame as possible and burn gas for 10 minutes. When preheated, grease platter where meat is to be placed. Place meat on platter 1 inch from flame. After about 5 minutes broiling, lower platter or reduce flame.

It is not necessary to turn meat unless you prefer. Time of cooking varies from 5 to 12 minutes, according to how well cooked you wish meat. Arrange your buttered sliced tomatoes around meat 5 minutes before meat is done. Pour remaining melted butter over meat and serve hot.

## *Griddle Specials*

### **SOUR MILK GRIDDLE CAKES**

1 cup cake flour (or ¾ cup bread flour)	1 egg, beaten lightly
½ teaspoon soda	1 tablespoon melted butter
½ teaspoon salt	1 cup sour milk

Sift and measure flour, add soda and salt, and resift three times. Combine egg, butter, and sour milk. Pour into hole in center of dry ingredients and mix with a few swift strokes. Properly mixed, the batter will be slightly lumpy. Grease griddle lightly with unsalted shortening for first cakes. If griddle smokes, it is too hot. Turn cakes when bubbles begin to rise to surface.

### **FRENCH TOAST**

2 eggs	½ teaspoon salt	⅔ cup milk
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Beat eggs lightly and add salt and milk. Soak partially stale bread in this mixture. (There is enough for about six ½-inch slices.) Grease griddle liberally with unsalted shortening and cook each side of bread a golden brown. If griddle smokes when greased, it is too hot. Serve toast with cinnamon sugar, jelly, or syrup.



## *Learn to Barbecue*

Use all 3 features for barbecuing: - BROILER - OVEN - COOKING WELL.

### **HOW TO DO IT**

Broil or roast your meat, fowl or fish, then serve with a barbecue sauce. Or marinate meat in sauce several hours — or overnight — before cooking. Or cook the meat, fowl or fish in Anderson Range with a barbecue sauce (already prepared) and serve with sauce surrounding meat, or with hotter sauce, if preferred.

Note: In many sections of the country commercial preparations are available which give a smokey flavor to barbecue sauce. These have various trade names and are therefore referred to in the following recipes as "smoke flavoring."

### **BARBECUED SPARERIBS IN ANDERSON BROILER**

Preheat Broiler 7 or 9 minutes with gas on full and Platter close to flame. Dip ribs ( $\frac{1}{2}$  pound per person) in any good barbecue sauce and place in preheated Broiler. Lower Platter until ribs are  $1\frac{1}{2}$  to 2 inches from flame — sear meat, not too fast. Turn if you wish. Baste meat two or three times with juices and sauce that accumulates in gravy well at front of Platter during broiling — which should be rather slow after searing. Cook 15 to 25 minutes, depending upon size and age of ribs. If ribs are rather large, have butcher crack them so they will lie flat on Platter.

### **BARBECUED CHICKEN — Use Sealed Heat Cooking Well.**

Large roasting, baking or stewing chickens —  $\frac{1}{2}$  to 1 pound per person — cut into individual servings. Dip in smoke flavoring. Let stand for at least one hour (overnight if desired). Brown chicken lightly in small amount of fat in bottom of large Cooking Well kettle. Add 1 to 2 cups of your favorite sauce; cook in Sealed Heat Cooking Well with 20 to 30 minutes of gas, depending upon quantity and age of chicken, and 3 to 5 hours of Sealed Heat.

### **BARBECUED LAMB SHOULDER**

1 shoulder of lamb, boned or rolled	2 cups barbecue sauce and 2 tablespoons smoke flavoring
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Slash shoulder in two or three places and brush with smoke flavoring. Let stand awhile, if convenient. Sear meat in Sealed Heat Cooking Well kettle, add barbecue sauce. Cook in well with 20 to 25 minutes of gas, then 3 to 5 hours on Sealed Heat.



### **HAMBURGER BARBECUE**

1 ½ lbs. hamburger	¾ teaspoon salt
1 onion — chopped	Pepper
1 cup chili sauce	3 tablespoons fat

Melt fat in large Cooking Well kettle. Brown hamburger in it — add onion, chili sauce and seasoning. Cook with 10 minutes of gas in Cooking Well; then 1 hour or longer on Sealed Heat. Serve on buns with pickle.

### **BEEFSTEAK BARBECUE**

*(Top Sirloin or Filet Mignon or Porterhouse are best)*

Select a mild sauce — dip steaks into it — broil in Anderson Broiler by regular method. Serve with juices from gravy well. Use additional barbecue sauce if desired.

### **BARBECUE SAUCE — No. 1**

1 cup butter  
1 cup vinegar  
3 tablespoons smoke flavoring  
1 large onion — sliced  
5 or 6 bay leaves, crumbled  
1 tablespoon chili powder  
2 teaspoons salt  
2 large onions — chopped  
3 buttons garlic — minced  
¼ cup chopped hot peppers,  
chilis — canned or fresh

Saute onions (chopped) and garlic (minced) in melted butter until soft. Add all remaining ingredients except smoke flavoring and sliced onion — bring to boil. Add smoke flavoring and sliced onion — remove from fire. Makes about 3 cups—a good smoky flavor and hot!

### **BARBECUE SAUCE — No. 2**

½ cup butter  
½ cup Worcestershire Sauce  
½ cup chili sauce  
¾ cup cold water  
Salt and pepper

Mix — bring to boil. Makes about 2 cups.



### HOLLANDAISE SAUCE

$\frac{1}{2}$  cup butter  
2 egg yolks  
 $\frac{1}{2}$  teaspoon salt  
Speck Cayenne Pepper  
1 tablespoon lemon juice

Melt the butter in a saucepan on low heat. Meanwhile beat the egg yolks in a bowl with an electric or hand beater at high speed until thick and lemon-colored. Add the salt, cayenne papper, and 3 tablespoons of the melted butter, a drop at a time, beating meanwhile. Then add the remaining butter, alternately with the lemon juice, until all has been added. Store in the refrigerator until ready to use. This sauce melts readily when served on hot vegetables; if you prefer, you can melt it over warm water, stirring constantly. Serves 6.

### WHITE SAUCE BASES

Thin	Medium	Thick	
1 to 2	2	2 to 3	tablespoons fat
1	2	4	tablespoons all-purpose flour
$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{4}$	teaspoon salt
Dash	Dash	Dash	pepper
1	1	1	cup milk

Melt fat in saucepan over low heat. Stir in flour, salt and pepper and blend thoroughly. Add milk gradually, stirring constantly, and cook until smooth, about 2 minutes. This makes approximately 1 cup of white sauce.

The *thin* sauce is the base used for cream soups, *medium* for creaming vegetables and fish, *thick* for souffles.

One or more extra seasonings may be cooked in above sauces before combining with other foods to give fuller flavor: Onion, green pepper, pimento, thyme, bay leaf, curry, chopped ripe olives, parsley, lemon juice, capers, etc. The proportion used will depend on individual taste, and the food to be used in the combination.

### TOMATO SAUCE

$\frac{1}{2}$ tablespoon onion, chopped	Salt and pepper
1 tablespoon parsley, finely chopped	4 tablespoons flour
2 cups tomatoes	4 tablespoons fat

Simmer the onion and parsley in the tomatoes over low heat, about 20 minutes. Strain. Follow directions for White Sauce, using tomato mixture in place of milk.



### **CHEESE SAUCE:**

Add 1 cup grated cheese to the Medium White Sauce after it has thickened, and stir until cheese has melted.

### **MUSHROOM SAUCE**

4 tablespoons all-purpose flour  
4 tablespoons fat  
2 tablespoons onion, finely  
chopped  
1 cup fresh or canned  
mushrooms, sliced  
Salt and pepper  
2 cups stock

Brown the flour in a saucepan over medium heat. In a separate pan, melt or heat the fat, brown onions and mushrooms slightly over low heat. Remove them from fat, stir in the browned flour and seasoning, then the stock gradually, stirring constantly and cook until thickened. Add mushrooms and onions and simmer for 2 or 3 minutes. Avoid overcooking.

### **APPLE SAUCE**

8 to 10 large apples  
 $\frac{1}{4}$  cup water  
1 cup sugar — granulated or  
brown  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
1 lemon sliced

Pare, quarter and core apples. Add seasonings, sugar and water. Place in twin or triple Well Kettle. Put in Cooking Well and cook with 10 minutes of gas — turn off gas and cook on Sealed Heat  $\frac{1}{2}$  hour or as much longer as desired.

### **HORSE-RADISH SAUCE**

1 cup of boiled beef broth  
1 cup of milk  
 $\frac{1}{3}$  cup of horse-radish  
4 tablespoons flour  
1 tablespoon butter

Melt butter in saucepan on top of stove. Add flour when thoroughly dissolved. Add  $\frac{1}{3}$  cup horse-radish, and then the liquid. Cook until it thickens to the consistency of cream sauce. Serve with beef.



## *Use Your Anderson for*

### **OVEN CANNING**

Hot weather and the canning season come hand-in-hand. But your kitchen stays cool with the Anderson because you do your canning with the heat sealed IN and the gas turned OFF! Thousands of housewives now use the Anderson Sealed Heat method for all oven canning. It's cool, easy and extremely economical, since only 15 to 35 minutes of gas is all that is required to can anything in the Anderson Oven. Simply follow the Canning Chart which comes with your Range.

Prepare your foods for canning in the Sealed Heat Cooking Well. It, too, keeps your kitchen cool, and equally important, you'll find that butters and preserves need no stirring when cooked in the Well. Since food cooks on the heat stored within itself, cooking is absolutely even. Nothing can burn or scorch, and the food requires no watching.

## *When You Cook at*

### **HIGH ALTITUDES**

The gas-on and Sealed Heat cooking times given in this book are satisfactory for any altitude between sea level and 3,000 feet. If you live at higher altitudes, however, cooking requires either greater heat or more time.

The most practical rule for meats and vegetables is to increase both gas-on and Sealed Heat timing by 10% for every thousand feet over 3,000. Thus, if you live at between 5,000 and 6,000 feet, you must cook meats and vegetables about 30% longer than the times given in the Chart. If the chart calls for 30 minutes of gas-on cooking, you should cook for approximately 40 minutes, and the Sealed Heat time must be increased accordingly. This rule, of course, applies to cooking either in the Well or Oven.

For baking times suitable to your altitude, it is best to consult local home economics authorities or flour mills; or write to Colorado State College, Fort Collins, Colorado, where detailed information on altitude cooking is available.



## *A Word About the Top Burners*



For large kettles and frying pans, your Anderson has a Giant Burner in addition to three standard-size burners. All burners light automatically, and are designed to give every shade and degree of heat from hot, searing, flame to a low simmer. A safety lock on each gas control handle prevents it from being turned on accidentally. This safety measure is particularly desirable in a home where there are children.

When a burner control handle is pushed in, it turns freely and the gas automatically lights. Turned in the other direction, the handle automatically stops at the simmer position. You'll find this feature very convenient. To turn the gas completely off, the handle must be pushed in again before it will turn to the off position. When released, it automatically locks in place.

*Address Communications to*

**ANDERSON SALES COMPANY, INC.**

1091 Springfield Avenue, Irvington 11, N. J.

*National Sales Agents for Anderson Stove Company*



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